

CONNECTICUT NUTRITION STANDARDS (CNS)



**Connecticut State Department of Education (CSDE)
Bureau of Health/Nutrition, Family Services and Adult Education**

- This presentation provides general guidance regarding the CNS under Section 10-215e of the Connecticut General Statutes (CGS)
- For specific questions or additional guidance, please contact the Connecticut State Department of Education (see slide 249)

Disclaimer

- The mention of trade names, commercial products or organizations does not imply approval or endorsement by the Connecticut State Department of Education (CSDE) or the U.S. Department of Agriculture (USDA)
- Product names are used solely for clarification in evaluating compliance with the CNS

Abbreviations

CGS	Connecticut General Statutes
CNS	Connecticut Nutrition Standards
CSDE	Connecticut State Department of Education
HFC	Healthy Food Certification
NSLP	National School Lunch Program
USDA	U.S. Department of Agriculture

CNS OVERVIEW



CNS Overview

- Applies to all **COMPETITIVE FOODS** sold to students in **PUBLIC** school districts that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes



www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f

DEFINITION

Sale

The exchange of foods or beverages for a determined amount of **MONEY OR ITS EQUIVALENT** (e.g., gift cards, tickets, coupons, tokens or similar items), including any activities that suggest a **STUDENT DONATION** in exchange for foods and beverages



School Premises

All areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school



CNS Overview

- Applies **AT ALL TIMES** except for sales that are exempted by the district's annual HFC Statement **AND** meet the three exemption criteria
- Board of education or governing authority must **VOTE** to allow exemptions
 - ▶ part of annual HFC Statement



Exemption Criteria

1. The sale is in connection with an **EVENT** occurring **AFTER** the end of the regular school day or on the weekend



2. The sale is at the **LOCATION** of the event

3. The foods and beverages are **NOT SOLD** from a vending machine or school store

DEFINITION

Regular School Day

The period from **MIDNIGHT BEFORE TO 30 MINUTES AFTER** the end of the official school day



Event

An occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity



Event	Not An Event
soccer game	soccer practice
high school debate	debating team practice
school play	play rehearsals
school chess match	chess club

Examples of Events *

- Awards banquets
- Boy Scout Blue & Gold Dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Field days
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School dances
- School fairs, e.g., health, science and math
- Silent auctions
- Sports banquets
- Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball and cross county
- Talent shows
- Theatrical production

*** This list is not all-inclusive**

Contact the CSDE to determine whether specific district fundraising activities meet the definition of event

CNS Overview

- Applies to all grade levels
- Includes **GENERAL STANDARDS** and specific **NUTRIENT STANDARDS**
- Provides exemptions for specific nutrient-rich foods
 - ▶ fruits and vegetables
 - ▶ NSLP/SBP entree items sold on same day



CNS Overview

- Based on current nutrition science and national health recommendations
- Promotes increased consumption of nutrient-rich foods
- Limits calories, total fat, saturated fat, trans fat, sodium and sugars
- Prohibits ingredients with questionable health effects



Complying with CNS

To be allowed for sale to students, all competitive foods must meet

1. **AT LEAST ONE** of the three general standards **AND**
2. **ALL** nutrient standards for the specific food category to which it belongs



GENERAL STANDARDS



Three General Standards

The product is a food that

1. is **WHOLE GRAIN-RICH**

OR

2. contains a **FOOD GROUP**
as the first ingredient

OR

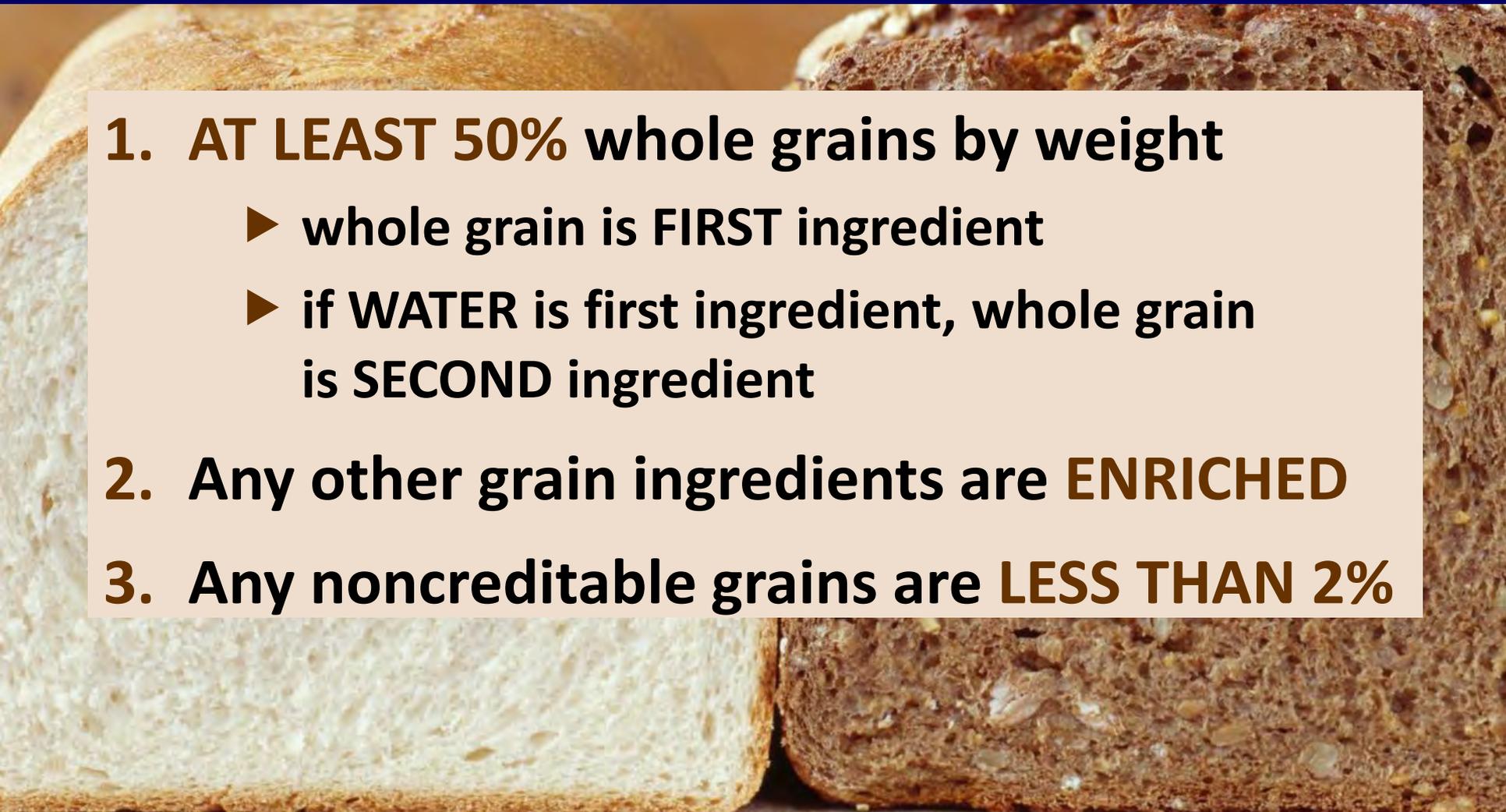
3. is a combination food that
contains **AT LEAST ¼ CUP**
of fruit and/or vegetable



GENERAL STANDARD 1 WHOLE GRAIN-RICH (WGR)



Whole Grain-rich (WGR) Definition

- 
- 1. AT LEAST 50% whole grains by weight**
 - ▶ whole grain is **FIRST** ingredient
 - ▶ if **WATER** is first ingredient, whole grain is **SECOND** ingredient
 - 2. Any other grain ingredients are ENRICHED**
 - 3. Any noncreditable grains are LESS THAN 2%**

Is it a Whole Grain?

- Look for the word **“WHOLE”**
e.g., whole corn, whole rye,
whole-wheat flour
- Grains without “whole” are
generally not whole grains, e.g.,
corn, rye flour, wheat flour
 - ▶ Require manufacturer documentation (PFS)
 - ▶ **EXCEPTIONS:** Some grains do not state
“whole” but are whole grains



Examples of Exceptions*

- **BERRIES** or **GROATS** (e.g., wheat berries or oat groats)
- **OATS** or **OATMEAL** (old-fashioned, quick-cooking, instant)
- Amaranth
- Brown rice
- Brown rice flour
- Buckwheat
- Graham flour
- Millet
- Quinoa
- Triticale
- Teff
- Sorghum



* These grains do not state “whole” in their description but they are whole grains

USDA Product Formulation Statement (PFS) for Grains

Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2013-2014 (Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Smile Pancakes Code No.: 14005

Manufacturer: ABC Bread Company Serving Size 2 pancakes -50g (1.75oz)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No How many grams: _____
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: C

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount
	A	B	
Whole wheat flour (47%)	23.5	16	1.4687
Enrich flour (22%)	11	16	.6875
			2.15
Total Creditable Amount³			2.00

*Creditable grains are whole-grain meal/flour and enriched meal/flour.

¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 50 g (1.75oz)

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 1.75-ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Signature _____ Title _____

Printed Name _____ Date _____ Phone Number _____

Product Formulation Statements

U.S. Department of Agriculture (USDA) School Nutrition Programs

PRODUCT FORMULATION STATEMENTS

School food authorities (SFAs) must be able to document that commercially prepared foods such as pizza and chicken nuggets meet the USDA meal pattern requirements for school nutrition programs, and provide the **actual amount** of the component being credited. For example, to credit a commercially prepared burrito as 2-ounce equivalents of meat/meat alternates, the SFA must obtain manufacturer documentation that indicates the specific amount of meat, beans and cheese in one serving.

Menu planners cannot determine the amount of meat/meat alternates in a food by reading the product's nutrition facts label or ingredients. When purchasing a commercial product without a Child Nutrition (CN) label, SFAs must obtain a product formulation statement (PFS) that demonstrates how the product contributes to the meal pattern requirements.



PFSs are developed by manufacturers to provide specific information about their products. They generally include a detailed explanation of what the product contains and the amount of each ingredient in the product by weight. However, they are not regulated, and their information varies from manufacturer to manufacturer. A PFS that provides crediting information for Child Nutrition Programs must:

- indicate how the product credits toward the USDA meal pattern requirements;
- document how the manufacturer obtained the crediting information by citing specific Child Nutrition Program resources or regulations such as the USDA's *Food Buying Guide for School Meal Programs* and USDA policy on crediting foods; and
- be prepared on manufacturer's letterhead with an original signature of a company official and the date of issue.

Unlike a CN label, a PFS does not provide any warranty against audit claims for reimbursable meals. The USDA does not monitor PFSs for compliance with the product's actual formulation or stated contribution to the meal pattern requirements. The table below compares CN labels and PFSs.

Comparison of CN Labels and PFSs		
Criteria	CN Labels *	PFSs
Standard information required	Yes	No
Reviewed and monitored by the USDA	Yes	No
Includes USDA guarantee of meal component contribution for Child Nutrition Programs	Yes	No
Distinct six-digit product identification number	Yes	No

* For more information on CN labels, see the CSDH's handout, [Child Nutrition \(CN\) Labeling](#).

The SFA is ultimately responsible when a menu does not meet the meal pattern requirements. SFAs should check the accuracy of the manufacturer's crediting information on the PFS. All creditable ingredients in the PFS must match a description in the *Food Buying Guide*. SFAs should request supporting documentation from manufacturers, verify its accuracy and maintain this documentation on file.

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Examples of Whole-grain Products and Ingredients *

BARLEY

- dehulled barley
- dehulled-barley flour
- whole barley
- whole-barley flakes
- whole-barley flour
- whole-grain barley
- whole-grain barley flour

BROWN RICE

- brown rice
- brown rice flour

CORN

- masa (whole corn treated with lime)
- whole corn
- whole-corn flour
- whole cornmeal
- whole-grain corn flour
- whole-grain grits
- whole-ground corn

OATS

- oat groats
- oatmeal, including old-fashioned, quick-cooking and instant
- rolled oats
- whole oats
- whole-oat flour

RYE

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

* This list is not all-inclusive

Examples of Whole-grain Products and Ingredients *

WHEAT (RED)

- bulgur (cracked wheat)
- bromated whole-wheat flour
- cracked wheat
- crushed wheat
- entire-wheat flour
- graham flour
- sprouted wheat
- sprouted wheat berries
- stone ground whole-wheat flour
- toasted crushed whole wheat
- wheat berries
- whole bulgur
- whole durum flour
- whole durum wheat flour

WHEAT (RED), continued

- whole-grain bulgur
- whole-grain wheat
- whole wheat
- whole-wheat flour
- whole-wheat pastry flour
- whole-wheat flakes

WHEAT (WHITE)

- whole white wheat
- whole white wheat flour

WILD RICE

- wild rice
- wild rice flour

LESS COMMON GRAINS

- amaranth
- buckwheat, buckwheat groats
- einkorn
- emmer (farro)
- Kamut®
- millet
- quinoa
- sorghum (milo)
- spelt
- teff
- triticale

* This list is not all-inclusive

Identifying Whole Grains

U.S. Department of Agriculture (USDA) School Nutrition Programs

IDENTIFYING WHOLE GRAINS

Grains may be whole grain-rich (WGR) to meet the meal pattern requirements for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched and the combined weight of any noncreditable grains (such as modified food starch and bean) is less than two percent of the product formula. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Criteria for IP/isk Grain-rich Foods*.

WHOLE GRAINS

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked or ground during the milling process. A grain product is whole grain if it contains the same relative amounts of bran, germ and endosperm as the original grain. Whole grains contain a wide variety of nutrients and compounds that help reduce the risk of chronic diseases.



CRITERIA THAT DO NOT INDICATE WHOLE GRAIN CONTENT

There are several criteria that cannot be used to determine if a grain product contains at least 50 percent whole grains. These include color, fiber content, the Whole Grain Stamp and misleading terms.

Color

A grain product's color does not indicate whether it contains whole grains. While whole-grain products are usually browner than products made with refined white flour, sometimes the brown color comes from coloring (e.g., "caramel coloring") or molasses, not from whole-grain ingredients. Read the ingredients statement to determine if the product contains any whole grains.

Fiber Content

Fiber content does not indicate whether a product contains whole grains. Whole grains and fiber both provide health benefits but they are not the same thing. The nutrition facts panel lists total fiber, which includes naturally occurring and added sources. Grain-based foods that are good sources of fiber, such as bran cereal, may contain bran or other added fiber without much or any whole grains. Manufacturers sometimes add fiber such as cellulose, inulin and chicory root to processed foods that would otherwise contain little or no fiber.

Whole Grain Stamp

The Whole Grains Council provides two stamps that manufacturers can use on product packaging for foods that contain whole grains.

- **Basic Whole Grain Stamp:** Products that display this stamp contain at least 8 grams of whole grain, but may not meet the USDA criteria for enriched grains and noncreditable grains. They may contain unenriched refined flour and noncreditable grains.
- **100% Whole Grain Stamp:** Products that display this stamp contain at least 16 grams of whole grain, but may not meet the limit for noncreditable grains.



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Products with Flour Blends

PFS must indicate that

- whole grain content is **AT LEAST 8 GRAMS** per ounce equivalent (groups A-G) **OR**
- weight of whole grain is **MORE THAN FIRST INGREDIENT** listed after flour blend



Water, **FLOUR BLEND** [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....

Products with Flour Blends

SAMPLE PRODUCT

Ingredient	Percentage of Total Product Weight	
Flour Blend	40%	Whole wheat flour = 25% Enriched Flour = 15%
Brown sugar	30%	



Water, **FLOUR BLEND** [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar....

WGR Definition Criterion 2

Any Other Grains are ENRICHED

Enriched grains contain **FIVE NUTRIENTS** added within limits specified by FDA

- **THIAMIN** (vitamin B1, thiamin mononitrate, thiamin hydrochloride)
- **RIBOFLAVIN** (vitamin B2)
- **NIACIN** (vitamin B3, niacinamide)
- **FOLIC ACID** (folate)
- **IRON** (reduced iron, ferrous sulfate)

Sample Label with Enriched Flour

The image shows two loaves of bread. On the left is a loaf of white bread with a soft, porous crumb. On the right is a loaf of whole wheat bread with a darker, denser crumb and visible bran. A semi-transparent text box is overlaid on the center of the image.

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

WGR Definition Criterion 2

Any Other Grains are ENRICHED

- Products that are **100% WHOLE GRAIN** automatically meet this criterion because they do not contain any other grains

Crediting Enriched Grains

U.S. Department of Agriculture (USDA) School Nutrition Programs

CREDITING ENRICHED GRAINS

Grains must be whole grain-rich (WGR) to meet the meal patterns for the National School Lunch Program (NSLP) and School Breakfast Program (SBP). WGR products contain at least 50 percent whole grains, any other grain ingredients are enriched and the combined weight of any noncreditable grains (such as modified food starch and bran) is less than two percent of the product formula. Grain ingredients that are not enriched such as "unbleached all-purpose flour" or "cornmeal" are not creditable. For more information, see at the Connecticut State Department of Education's (CSDE) handouts, [Criteria for Whole Grain-Rich Foods](#) and [Identifying Whole Grains](#).

Enriched grains are refined grains (such as wheat, rice and corn) and grain products (such as cereal, pasta and bread) that have vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients include thiamin (vitamin B₁, thiamin mononitrate, thiamin hydrochloride), riboflavin (vitamin B₂), niacin (vitamin B₃, niacinamide), folic acid (folate) and iron (reduced iron, ferrous sulfate). Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients, fiber and other health-enhancing substances originally present in the whole grain.



To determine if a product is enriched, check the label for the term "enriched," e.g., "enriched flour," and check the ingredients statement for the five enrichment nutrients. If the ingredients statement includes all five nutrients, the product is enriched. Not all refined products are enriched. For example, when corn is processed into cornmeal, the germ is removed. Unless the product indicates "enriched cornmeal" or the ingredients statement lists all five enrichment nutrients, the product is not enriched.

Products that contain **only enriched grains** cannot credit toward the grains component of the NSLP and SBP meal patterns. Enriched grain products can only be served as **extra foods**. Some examples include enriched white bread, enriched crackers, enriched white rice, enriched cream of wheat cereal and enriched corn grits. The ingredients statement below shows an example of a noncreditable enriched cracker product.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B₁], riboflavin [vitamin B₂], folic acid), soybean oil with TBHQ for freshness, salt, corn syrup, contains two percent or less of leavening (baking soda, yeast), soy lecithin.



Enriched grains can credit toward the grains component only if they are an ingredient in a recipe that results in a WGR product. Examples include a mixture of half brown rice and half enriched white rice, and a sandwich made with one slice of 100 percent whole-wheat bread and one slice of enriched bread. To meet the WGR criteria, the recipe must also comply with the limit for noncreditable grains. The combined weight of any noncreditable ingredients such as bran and germ cannot exceed 3.00 grams for groups A-G (baked goods) or 6.00 grams for groups H (cereal grains) and I (ready-to-eat breakfast cereals).



For school year 2015-16, the USDA allows a temporary WGR exemption for school food authorities that demonstrate a hardship in procuring compliant WGR products that are acceptable to students. Schools can request a waiver from the CSDE. For more information on this option, contact the CSDE [school nutrition programs staff](#).

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WGR Definition Criterion 3

Limit for NONCREDITABLE GRAINS

■ Combined total of all noncreditable grains must be **LESS THAN 2%** of product formula

▶ **3.99 grams** for groups A-G (baked goods) of USDA ounce equivalents chart

▶ **6.99 grams** for group H (cereal grains) and group I (ready-to-eat breakfast cereals) of USDA ounce equivalents chart

■ If exceeds this limit, food is not WGR

Whole Grain-rich Ounce Equivalents (Oz Eq) for School Nutrition Programs ^{1, 2}

Group	Ounce Equivalents
Group A	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group B	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group C	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group D	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group E	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group F	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group G	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group H	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)
Group I	Small roll (1/2 oz) Cracker (1/2 oz) Cracker (1/4 oz) Cracker (1/8 oz) Cracker (1/16 oz) Cracker (1/32 oz) Cracker (1/64 oz)

¹ To be considered whole grain rich, the smallest number of whole grains in Group A-I must include at least 1/2 ounce of whole grain in a 1/2 ounce of whole grain and 1/4 ounce of whole grain in a 1/4 ounce of whole grain.
² Adapted from the USDA Food and Nutrition Assistance Administration, "Whole Grain-rich Ounce Equivalents for School Nutrition Programs," 2011.

Examples of Noncreditable Grain Ingredients *

- | | | |
|---|---|---|
| <ul style="list-style-type: none">■ barley grits■ bran■ corn bran■ corn fiber■ corn flour (not enriched)■ corn grits■ corn starch■ cultured wheat starch■ durum grits■ fermented wheat■ germ■ hydrolyzed starch■ malted barley flour (not enriched) | <ul style="list-style-type: none">■ modified food starch (including potato, legume and other vegetable flours)■ modified corn starch■ modified rice starch■ modified tapioca starch■ modified wheat starch■ oat fiber■ potato flour■ potato starch■ rice flour (not enriched)■ rice starch | <ul style="list-style-type: none">■ soluble corn fiber■ soy fiber■ soy grits■ soy flour■ tapioca starch■ wheat bran■ wheat germ■ wheat flour (not enriched)■ wheat starch |
|---|---|---|

* This list is not all-inclusive

Nongrain Ingredients in Combination Foods

- If noncreditable grain ingredients are **NOT** part of combination food's **GRAIN COMPONENT**, they do **NOT** count toward the noncreditable grains limit
- If a product contains an ingredient that contains two or more ingredients itself, these ingredients will be **LISTED IN PARENTHESES** after the name of the ingredient



Combination Food Example: Apple Breakfast Bun

Ingredients: **100% WHOLE-GRAIN WHITE WHEAT FLOUR**, **APPLE FILLING** (corn syrup, **MODIFIED FOOD STARCH**, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]), water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of: dough conditioner (**RYE FLOUR**, **MALTED BARLEY FLOUR**, ascorbic acid, enzymes, guar and/or arabic gums, **WHEAT FLOUR**), nonfat dry milk (nonfat dry milk, whey [milk]), natural orange emulsion (natural flavor, propylene glycol, gum), salt, eggs, egg replacer (**WHOLE SOY FLOUR**, wheat gluten, corn syrup solids, algin), yeast (leavening), mold inhibitor (cultured organic spelt flour, lactic acid).



- This product contains **APPLE FILLING** (nongrain ingredient) and **BUN** (grain component)
- The modified food starch in the apple filling does NOT count toward noncreditable grains limit
- The **FOUR NONCREDITABLE GRAINS** in the bun (rye flour, malted barley flour, wheat flour, whole soy flour) count toward noncreditable grains limit

“Contains 2% or less”

- If product lists only **ONE** noncreditable grain after “contains 2% or less” **PFS NOT NEEDED**



WHOLE-WHEAT BAGEL

Ingredients: **WHOLE WHEAT FLOUR**, sugar, wheat gluten.

Contains 2% or less of each of the following: honey, salt, **YELLOW CORN FLOUR**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

“Contains 2% or less”

- If product lists **TWO OR MORE** noncreditable grains after “contains 2% or less,” **PFS REQUIRED**
 - ▶ Must document combined weight of all noncreditable grains



WHOLE-GRAIN BAGEL

Ingredients: **WHOLE WHEAT FLOUR**, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mono nitrate [vitamin B-1], ferrous sulfate [iron], potassium bromate, riboflavin [vitamin B-2], and folic acid), water, brown sugar granulated sugar. **Contains 2% or less of the following ingredients:** salt, vital wheat gluten, mono & diglycerides, honey, **CORN MEAL**, calcium propionate, **MALTED BARLEY FLOUR**, molasses powder (molasses, **WHEAT STARCH**), ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes

Two Exemptions for Noncreditable Grains

1. FORTIFIED BREAKFAST CEREALS that contain a **WHOLE GRAIN** as the first ingredient



2. CEREAL BARS made from a fortified breakfast cereal that contains a whole grain as the first ingredient



▶ Only **CEREAL PORTION** of ingredients is exempt

Identifying Fortified Cereals

ENRICHED	FORTIFIED
<ol style="list-style-type: none">1. Iron2. Thiamin3. Riboflavin4. Niacin5. Folic acid	<ol style="list-style-type: none">1. Iron2. Thiamin3. Riboflavin4. Niacin5. Folic acid6. Additional vitamins and minerals * 

* Manufacturers choose which ones and how much

Ready-to-Eat Breakfast Cereals

- Cereals containing **ONLY ENRICHED GRAINS, BRAN OR GERM** are not WGR and do not credit
- Cereals that contain **MORE THAN 2 PERCENT** of these ingredients only credit if
 - ▶ whole grain is first ingredient **AND**
 - ▶ cereal is fortified



Crediting Breakfast Cereals

U.S. Department of Agriculture (USDA) School Nutrition Programs

CREDITING BREAKFAST CEREALS

Ready-to-eat (RTE) and cooked breakfast cereals served in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be whole grain-rich (WGR) and meet the minimum serving size requirements. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Criteria for Whole Grain-rich Foods*, and the USDA's ounce equivalents chart, *Whole Grain-rich Ounce Equivalents for School Nutrition Programs*.

SERVING SIZES FOR BREAKFAST CEREALS

Serving sizes for cereals are based on the USDA's ounce equivalents chart. This chart divides products into nine groups (A-I) based on their average grain content. Cooked breakfast cereals such as oatmeal are in group H. Cold RTE breakfast cereals are in group I. Both groups require 28 grams or 1 ounce of product to credit as 1 ounce equivalent of grains.

- **Cooked Breakfast Cereals:** Cereal grains in group H (such as oats, buckwheat and quinoa) are served cooked and water is added in preparation. They credit based on the cooked volume equivalent of $\frac{1}{2}$ cup. All cooked breakfast cereals must meet the WGR criteria and list a whole grain as the primary ingredient. Cooked 100 percent whole-grain breakfast cereals are not required to be fortified. For more information, see the CSDE's handout, *Identifying Whole Grain*.
- **RTE Breakfast Cereals:** One ounce equivalent of RTE breakfast cereals equals 1 cup of flakes or rounds, $1\frac{1}{2}$ cups of puffed and $\frac{1}{2}$ cup of granola. Menu planners can credit RTE breakfast cereals based on either volume (cups) or weight (grams). If the appropriate volume of cereal weighs less than 28 grams, it credits as 1 ounce equivalent, e.g., 1 cup of flaked cereal that weighs 26 grams credits as 1 ounce equivalent.



WGR REQUIREMENT FOR BREAKFAST CEREALS

To be WGR, breakfast cereals must list a whole grain as the first ingredient and the cereal must be fortified. Fortified breakfast cereals contain five nutrients (iron, thiamin, riboflavin, niacin and folic acid) lost during the refining process, as well as additional vitamins and minerals that do not exist naturally in grains. To determine if a RTE breakfast cereal is fortified, check the ingredients statement. Fortified cereals must contain:

- the five enrichment nutrients (iron, thiamin, riboflavin, niacin and folic acid); and
- additional nutrients such as vitamins A, C, D, E, B₆ (pyridoxine hydrochloride), vitamin B₁₂ (cobalamin), pantothenic acid, phosphorus, magnesium and zinc. When fortification nutrients are added to cereals, they will either be listed directly in the ingredients statement or in the ingredients statement under "Vitamins and Minerals."

All fortified cereals must contain the five enrichment nutrients. However, manufacturers can choose which additional nutrients to use for fortification. Different cereal brands may list different fortification nutrients. The USDA does not specify a minimum number of nutrients or a minimum percentage for the level of fortification for breakfast cereals.

Cooked or RTE breakfast cereals that are 100 percent whole grain are not required to be fortified.

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Criteria for WGR Foods

U.S. Department of Agriculture (USDA) School Nutrition Programs

CRITERIA FOR WHOLE GRAIN-RICH FOODS

To credit toward the grains component of the USDA meal patterns for the National School Lunch Program (NSLP) and School Breakfast Program (SBP), all grains must be **whole grain-rich (WGR)** and provide the required **serving size** in the USDA's ounce equivalents chart, *Whole Grains-Rich Ounce Equivalents for School Nutrition Programs*.

The *Connecticut Nutrition Standards (CNS)* apply the same WGR criteria to all grain products sold separately from reimbursable meals in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes. In HFC districts, grain products sold separately from school meals must be WGR and meet all nutrient standards, e.g., calories, fat, saturated fat, trans fat, sodium and sugars. Grain products that meet these criteria are listed on the Connecticut State Department of Education's (CDE) *List of Acceptable Foods and Beverages*.

Products must comply with the three criteria below to be WGR.

1. The product must contain at least 50 percent whole grains, as indicated by at least one of the following criteria:
 - contains at least 8 grams of whole grains per ounce equivalent for groups A-G of the USDA's ounce equivalents chart and provides the required volume or weight for groups H and I of the USDA's ounce equivalents chart;
 - includes the Food and Drug Administration's (FDA) **whole grain health claim**; or
 - lists a **whole grain first** on the product's ingredients statement.

For more information on evaluating products for compliance with this criterion, see [Step 1](#) on page 2.

2. Any remaining grain ingredients in the product must be enriched. For more information on evaluating products for compliance with this criterion, see [Step 2](#) on page 5.
3. Any **noncreditable grains** must be less than two percent (2% ounce equivalent) of the product formula. To comply with this limit, the combined total of all noncreditable grains cannot exceed 3.99 grams for groups A-G (baked goods) or 6.99 grams for groups H (cereal grains) and I (ready-to-eat breakfast cereals). If noncreditable grains exceed these amounts, the entire product is noncreditable, even if it meets the first two criteria above. For more information on evaluating products for compliance with this criterion, see [Step 3](#) on page 5.

Foods that qualify as WGR are either 100 percent whole grain (every grain ingredient is whole grain) or contain a blend of whole and enriched grains, of which at least 50 percent is whole grain. To determine if grain-based foods are WGR, menu planners must review the product's package label and product formulation statement (PFS), using the three steps below.

1. Determine if whole grains are at least 50 percent of the product's total weight.
2. Determine if all other grain ingredients in the product are enriched.
3. Determine if the product contains noncreditable grains, and if so, whether their combined weight complies with the specified limit.

Detailed guidance on each step follows. For examples of how to evaluate a product's ingredient statement for compliance with the three WGR criteria, see "Determining if Products Meet WGR Criteria" on pages 9-13.

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Test Your Knowledge

WGR General Standard

Decide whether each product meets the WGR general standard or requires a product formulation statement (PFS) from the manufacturer to provide more information



Commercial product names are used solely for clarification in evaluating compliance with the CNS and do not imply approval or endorsement by the CSDE

Product 1 – WGR?

Burry Low Sodium 100% Whole Wheat Bagel, 3 oz

Ingredients: whole wheat flour, sugar, wheat gluten. contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes



- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

Product 1 – WGR?

YES *

Burry Low Sodium 100% Whole Wheat Bagel, 3 oz

Ingredients: **WHOLE WHEAT FLOUR**, sugar, wheat gluten. **Contains 2% or less** of each of the following: honey, salt, **YELLOW CORN FLOUR**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes



- ✓ **Criterion 1 WHOLE GRAIN**
- ✓ **Criterion 2 ENRICHED**
- ✓ **Criterion 3 NONCREDITABLE**

* To comply with CNS, must also meet nutrient standards

Product 2 – WGR?

**Benefit Readi Bake Whole Grain Belly Bears
Cinnamon Graham Crackers, 1 Oz**

Ingredients: whole wheat (graham) flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor.



- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

Product 2 – WGR?

YES

Benefit Readi Bake Whole Grain Belly Bears
Cinnamon Graham Crackers, 1 Oz

Ingredients: **WHOLE WHEAT (GRAHAM) FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor.**



- ✓ Criterion 1 **WHOLE GRAIN**
- ✓ Criterion 2 **ENRICHED**
- ✓ Criterion 3 **NONCREDITABLE**

* To comply with CNS, must also meet nutrient standards

Product 3 – WGR?

Otis Spunkmeyer Delicious Essentials Oatmeal Raisin Cookie, 1 oz

Ingredients: sugar, whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, raisins, eggs, soybean oil, margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), invert sugar, contains 2% or less of: water, mono- and diglycerides, molasses, maltodextrin, leavening (baking soda, sodium aluminum phosphate), salt, datem, soy lecithin, cinnamon, natural and artificial flavor, vitamin E acetate, zinc oxide, reduced iron, vitamin A palmitate, calcium pantothenate (vitamin B5), niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), vitamin D3, vitamin B12, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), biotin



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

Product 3 – WGR?

Need
PFS *

Otis Spunkmeyer Delicious Essentials Oatmeal Raisin Cookie, 1 oz
Ingredients: **SUGAR**, **WHOLE WHEAT FLOUR**, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), **ROLLED OATS**, raisins, eggs, soybean oil, margarine (palm oil, butter [cream, salt], water, **contains 2% or less of** salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), invert sugar, **contains 2% or less of:** water, mono- and diglycerides, molasses, maltodextrin, leavening (baking soda, sodium aluminum phosphate), salt, datem, soy lecithin, cinnamon, natural and artificial flavor, vitamin E acetate, zinc oxide, reduced iron, vitamin A palmitate, calcium pantothenate (vitamin B5), niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), vitamin D3, vitamin B12, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), biotin



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of whole wheat flour and rolled oats exceeds weight of sugar

Product 4 – WGR?

Appleways Oatmeal Bar, 1.2 oz

Ingredients: enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oatmeal, high fructose corn syrup, whole wheat flour, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), eggs, soy lecithin, molasses, cinnamon, natural flavors contains milk), salt, baking soda, egg whites, sodium ascorbate (vitamin C)



- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

Product 4 – WGR?

Need
PFS *

Appleways Oatmeal Bar, 1.2 oz

Ingredients: **ENRICHED WHEAT FLOUR** (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, **OATMEAL**, high fructose corn syrup, **WHOLE WHEAT FLOUR**, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), eggs, soy lecithin, molasses, cinnamon, natural flavors contains milk), salt, baking soda, egg whites, sodium ascorbate (vitamin C)



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of oatmeal and whole wheat flour exceeds weight of enriched flour

Product 5 – WGR?

Deep River Baked Fries, Jalapeno & Cheddar, 0.75 oz

Ingredients: enriched corn meal, potato flakes, sunflower oil and/or safflower oil, sea salt, cheddar cheese powder [(cheddar cheese, milk, cheese cultures, salt, enzyme) whey, buttermilk, salt sodium phosphate, lactic acid, extractive of annatto], jalapeno pepper, cilantro, onion powder, natural flavor, lactic acid, citric acid, natural smoke flavor, spice



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

Product 5 – WGR?

NO

Deep River Baked Fries, Jalapeno & Cheddar, 0.75 oz

Ingredients: **ENRICHED CORN MEAL**, potato flakes, sunflower oil and/or safflower oil, sea salt, cheddar cheese powder [(cheddar cheese, milk, cheese cultures, salt, enzyme) whey, buttermilk, salt sodium phosphate, lactic acid, extractive of annatto], jalapeno pepper, cilantro, onion powder, natural flavor, lactic acid, citric acid, natural smoke flavor, spice



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

Product 6 – WGR?

**Nature Valley Crunchy
Peanut Butter Granola Bar, 0.74 oz**

**Ingredients: whole grain oats,
sugar, canola oil, yellow corn flour,
honey, soy flour, brown sugar
syrup, salt, soy lecithin, baking
soda, natural flavor**



- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

Product 6 – WGR?

Need
PFS *

Nature Valley Crunchy
Peanut Butter Granola Bar, 0.74 oz
Ingredients: **WHOLE GRAIN OATS**,
sugar, canola oil, **YELLOW CORN
FLOUR**, honey, **SOY FLOUR**, brown
sugar syrup, salt, soy lecithin,
baking soda, natural flavor



- Criterion 1 **WHOLE GRAIN**
- Criterion 2 **ENRICHED**
- Criterion 3 **NONCREDITABLE**

* PFS must document that combined weight of yellow corn flour and weight of soy flour is less than 3.99 grams

Product 7 – WGR?

General Mills Simply Chex Cheddar, 0.92 oz

Ingredients: whole wheat, enriched corn meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean, rice bran), sugar, whey powder. contains 2% or less of: buttermilk powder, corn syrup solids, salt, natural and artificial flavor, dried sour cream (cream, nonfat milk, cultures), monoglycerides, onion powder, trisodium phosphate, calcium carbonate, baking soda, yellow corn flour, yellow 6 lake, yellow 5 lake, freshness preserved by BHT



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

Product 7 – WGR?

YES

General Mills Simply Chex Cheddar, 0.92 oz

Ingredients: **WHOLE WHEAT**, enriched corn meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean, rice bran), sugar, whey powder. **contains 2% or less of:** buttermilk powder, corn syrup solids, salt, natural and artificial flavor, dried sour cream (cream, nonfat milk, cultures), monoglycerides, onion powder, trisodium phosphate, calcium carbonate, baking soda, **YELLOW CORN FLOUR**, yellow 6 lake, yellow 5 lake, freshness preserved by BHT



- ✓ Criterion 1 **WHOLE GRAIN**
- ✓ Criterion 2 **ENRICHED**
- ✓ Criterion 3 **NONCREDITABLE**

* To comply with CNS, must also meet nutrient standards

Product 8 – WGR?

Whole Grain Apple Bosco Sticks, 7-inch, 3.03 oz

Ingredients: CRUST: flour blend [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, vital wheat gluten, salt, l-cysteine. APPLE FILLING: water, corn syrup, evaporated apples (treated with sulfur dioxide to retain color), sugar, modified food starch, apple juice concentrate, citric acid, spices, salt, potassium sorbate, and sodium benzoate (to preserve freshness). TOPPING: [natural oil blend (soybean, palm fruit and canola oils) water, salt, mono and diglycerides, potassium sorbate, natural and artificial butter flavor, lactic acid, vitamin A palmitate and beta carotene.], SPICE TOPPING: sugar, cinnamon, soybean oil, contains 2% or less silicon dioxide. TAPIOCA DEXTRIN TOPPING: water, tapioca dextrin



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

Product 8 – WGR?

Need
PFS *

Whole Grain Apple Bosco Sticks, 7-inch, 3.03 oz

Ingredients: CRUST: **FLOUR BLEND** [WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, **SOY FLAKES**), yeast, vital wheat gluten, salt, l-cysteine. **APPLE FILLING**: water, corn syrup, evaporated apples (treated with sulfur dioxide to retain color), sugar, **MODIFIED FOOD STARCH**, apple juice concentrate, citric acid, spices, salt, potassium sorbate, and sodium benzoate (to preserve freshness). **TOPPING**: [natural oil blend (soybean, palm fruit and canola oils) water, salt, mono and diglycerides, potassium sorbate, natural and artificial butter flavor, lactic acid, vitamin A palmitate and beta carotene.], **SPICE TOPPING**: sugar, cinnamon, soybean oil, contains 2% or less silicon dioxide. **TAPIOCA DEXTRIN TOPPING**: water, tapioca dextrin



- Criterion 1 WHOLE GRAIN
- Criterion 2 ENRICHED
- Criterion 3 NONCREDITABLE

* PFS must document that whole wheat flour in flour blend weighs more than brown sugar and weight of soy flakes is less than 3.99 grams

Product 8 – WGR?

- The modified corn starch in the apple filling does not count toward the noncreditable grains limit because it is not part of the grain component (crust)



Product 9 – WGR?

Frito Lay Doritos Nacho Cheese Tortilla Chips, Reduced Fat, 1 oz

Ingredients: whole corn, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), corn dextrin, whey, corn maltodextrin, monosodium glutamate, tomato powder, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, disodium phosphate, natural and artificial flavor, dextrose, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, red and green bell pepper powder, nonfat milk, disodium inosinate, and disodium guanylate



- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

Product 9 – WGR?

Need
PFS *

Frito Lay Doritos Nacho Cheese Tortilla Chips, Reduced Fat, 100%

Ingredients: **WHOLE CORN**, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), corn dextrin, whey, corn maltodextrin, monosodium glutamate, tomato powder, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, **CORN FLOUR**, disodium phosphate, natural and artificial flavor, dextrose, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, red and green bell pepper powder, nonfat milk, disodium inosinate, and disodium guanylate



- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

* PFS must document that weight of corn flour is less than 3.99 grams

Product 10 – WGR?



General Mills Cocoa Puffs Cereal Bar, 1.42 oz

Ingredients: whole grain oats, cereal (whole grain corn, sugar, corn meal, corn syrup, whole grain corn flour, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, corn starch, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], a B vitamin [niacinamide], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin b1 [thiamin mononitrate], vitamin A [palmitate], a B vitamin [folic acid], vitamin B12, vitamin D3, BHT added to retain freshness), corn syrup, sugar, whole wheat flour, fructose, canola and/or rice bran oil, brown rice flour, chicory root extract. Contains 2% or less of: cocoa processed with alkali, glycerin, calcium carbonate, whole oat flour, maltodextrin, modified wheat starch, whole corn flour, yellow corn flour, salt, color added, gelatin, baking soda, natural and artificial flavor, tricalcium phosphate, sulfiting agents, BHT added to retain freshness.

- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**



Product 10 – WGR?

Need
PFS *

General Mills Cocoa Puffs Cereal Bar, 1.42 oz

Ingredients: **WHOLE GRAIN OATS**, cereal (**WHOLE GRAIN CORN**, sugar, **CORN MEAL**, corn syrup, **WHOLE GRAIN CORN FLOUR**, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, **CORN STARCH**, trisodium phosphate, **zinc** and **iron** [mineral nutrients], **vitamin C** [sodium ascorbate], a B vitamin [**niacinamide**], **vitamin B6** [pyridoxine hydrochloride], vitamin B2 [**riboflavin**], vitamin b1 [**thiamin mononitrate**], **vitamin A** [**palmitate**], a B vitamin [**folic acid**], **vitamin B12**, **vitamin D3**, BHT added to retain freshness), corn syrup, sugar, **WHOLE WHEAT FLOUR**, fructose, canola and/or rice bran oil, **BROWN RICE FLOUR**, chicory root extract. **Contains 2% or less of:** cocoa processed with alkali, glycerin, calcium carbonate, **WHOLE OAT FLOUR**, maltodextrin, **MODIFIED WHEAT STARCH**, **WHOLE CORN FLOUR**, **YELLOW CORN FLOUR**, salt, color added, gelatin, baking soda, natural and artificial flavor, tricalcium phosphate, sulfiting agents, BHT added to retain freshness.

- Criterion 1 WHOLE GRAIN**
- Criterion 2 ENRICHED**
- Criterion 3 NONCREDITABLE**

* PFS must document that combined weight of modified wheat starch and yellow corn flour is less than 3.99 grams

Product 10 – WGR?



- The corn meal and corn starch in the cereal do not count toward the noncreditable grains limit because the cereal is **FORTIFIED** and has a **WHOLE GRAIN** as first ingredient
- The cereal is fortified because it contains **OTHER VITAMINS AND MINERALS** (zinc, vitamin C, vitamin B6, vitamin A, vitamin B12 and vitamin D3) in addition to the **ENRICHMENT NUTRIENTS** (iron, thiamin, riboflavin, niacin and folic acid)

GENERAL STANDARD 2

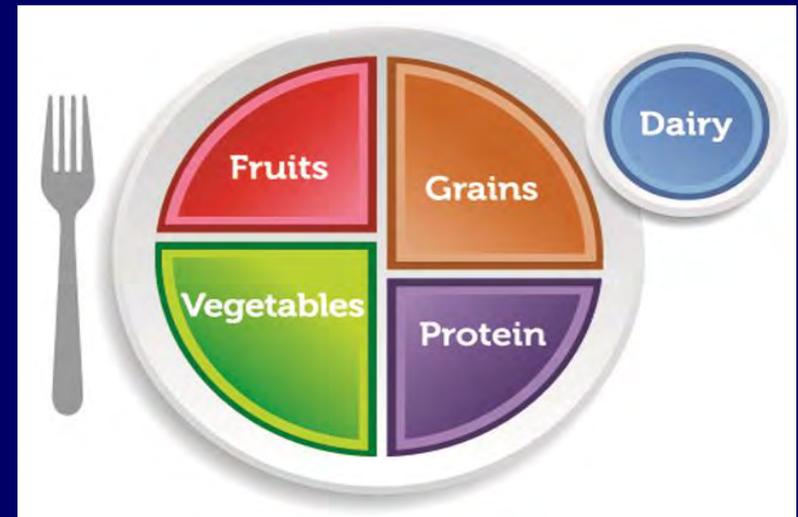
FOOD GROUPS



General Standard 2

FOOD GROUPS

- Contains one of the following food groups as the **FIRST** ingredient*
 - ▶ Fruits
 - ▶ Vegetables
 - ▶ Dairy
 - ▶ Protein, e.g., meat, beans, poultry, seafood, eggs, nuts, seeds



* If **water** is the first ingredient, the **second ingredient** must be a fruit, vegetable, dairy or protein food

Considerations for Dried Fruits and Vegetables

Meets Food Group Standards?

YES

- Dried or dehydrated fruits or vegetables
 - ▶ dried cherries
 - ▶ potato flakes, dried potatoes
- Fruit puree

NO

- Dehydrated or concentrated juice (added sugars)
- Dehydrated or concentrated puree (added sugars)

Stretch Island Fruit Co All-Natural Fruit Strip

Ingredients: apple puree concentrate, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate

Meets Fruit Group?



Stretch Island Fruit Co All-Natural Fruit Strip

Ingredients: **APPLE PUREE CONCENTRATE**, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate

Meets Fruit Group?

NO

Apple puree concentrate = added sugar



Plums Kids Organic Mashups Squeezable Fruit

Ingredients: organic fruit purees (apple, banana, strawberry), citric acid

Meets Fruit Group?



Plums Kids Organic Mashups Squeezable Fruit

Ingredients: **ORGANIC
FRUIT PUREES** (apple,
banana, strawberry),
citric acid

Meets Fruit Group?

YES



Dole Fruit Squish'ems

Ingredients: apples, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)

Meets Fruit Group?



Dole Fruit Squish'ems

Ingredients: **APPLES**, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)

Meets Fruit Group?

YES



Considerations for Soy Products

- Soy products are protein foods
 - ▶ tofu
 - ▶ textured vegetable protein (TVP)
 - ▶ soy protein concentrate
- If listed as **FIRST** ingredient, product meets protein food group general standard



Considerations for Soy Nuts

- Soy nuts (dried soybeans) meet both protein and vegetable groups
- If listed as **FIRST** ingredient, can count as either
 - ▶ **protein** food group general standard
 - ▶ **vegetable** food group general standard



Test Your Knowledge

Food Group General Standard

Decide whether each product meets a food group general standard and which one (fruits, vegetables, dairy or protein)



Meets Food Group Standard?

Product 1

**Frito Lay Baked Lay's
Original Potato Crisps, 0.875 oz**

Ingredients: dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and dextrose



Meets Food Group Standard?

Product 1

Frito Lay Baked Lay's
Original Potato Crisps, 0.875 oz

Ingredients: **DRIED POTATOES**,
corn starch, sugar, corn oil, salt,
soy lecithin and dextrose



YES

VEGETABLES Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 2

Dannon Oikos Strawberry Greek Yogurt, 4 ounces

Ingredients: cultured grade A nonfat milk, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



Meets Food Group Standard?

Product 2

Dannon Oikos Strawberry Greek Yogurt, 4 ounces

Ingredients: **CULTURED GRADE A NONFAT MILK**, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid.
Contains active yogurt cultures.

YES

DAIRY Food Group*



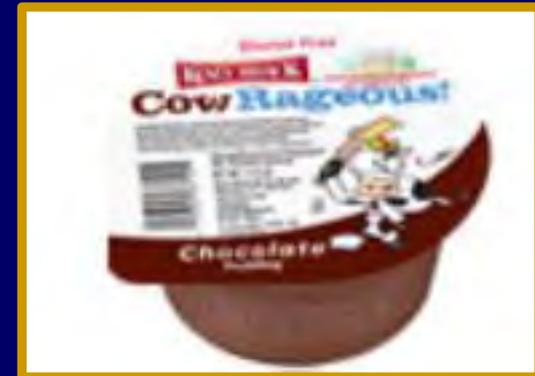
* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 3

Kozy Shack Cowrageous Chocolate Pudding, ½ cup

Ingredients: Low-fat milk (vitamin A and D), sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate

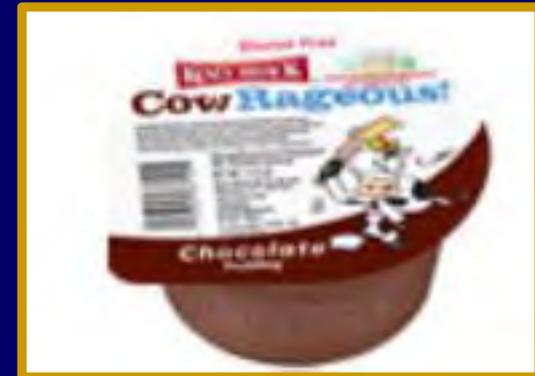


Meets Food Group Standard?

Product 3

Kozy Shack Cowrageous Chocolate Pudding, ½ cup

Ingredients: **LOW-FAT MILK** (vitamin A and D), sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate



YES

DAIRY Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 4

ES Foods Part Skim Mozzarella Cheese Stick, 1 oz

Ingredients: pasteurized part skim milk, cheese cultures, salt, enzymes, vitamin A palmitate



Meets Food Group Standard?

Product 4

ES Foods Part Skim Mozzarella Cheese Stick, 1 oz

Ingredients: **PASTEURIZED PART SKIM MILK**, cheese cultures, salt, enzymes, vitamin A palmitate



YES

DAIRY Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 5

Larabar Cherry Pie Bar, 0.78 oz

Ingredients: dates, almonds,
unsweetened cherries



Meets Food Group Standard?

Product 5

Larabar Cherry Pie Bar, 0.78 oz

Ingredients: **DATES**, almonds, unsweetened cherries



YES

FRUITS Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 6

McCain Harvest Splendor Sweet Potato CrossTrax, 3.02 oz

Ingredients: sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch - modified. Contains 2% or less of annatto (color), baking soda, beta carotene (color), caramel (color), natural flavors, rice flour, salt, sodium acid pyrophosphate (maintains natural color & leavening), sugar, tapioca dextrin, xanthan gum



Meets Food Group Standard?

Product 6

McCain Harvest Splendor Sweet Potato CrossTrax, 3.02 oz

Ingredients: **SWEET POTATOES**, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch - modified. Contains 2% or less of annatto (color), baking soda, beta carotene (color), caramel (color), natural flavors, rice flour, salt, sodium acid pyrophosphate (maintains natural color & leavening), sugar, tapioca dextrin, xanthan gum

YES

VEGETABLES Food Group*



* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 7

Chloe's Soft Serve Fruit Co.

Soft Serve Fruit Pops, Raspberry, 2.5 fl oz

Ingredients: raspberry puree (red raspberries, lemon juice), filtered water, organic cane sugar



Meets Food Group Standard?

Product 7

Chloe's Soft Serve Fruit Co.

Soft Serve Fruit Pops, Raspberry, 2.5 fl oz

Ingredients: **RASPBERRY PUREE**
(red raspberries, lemon juice),
filtered water, organic cane sugar



YES

FRUITS Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 8

Chloe's Soft Serve Fruit Co

Soft Serve Fruit Pops, Tangerine, 2.5 fl oz

**Ingredients: filtered water,
tangerine puree (tangerines,
orange pulp), organic cane sugar**



Meets Food Group Standard?

Product 8

Chloe's Soft Serve Fruit Co

Soft Serve Fruit Pops, Tangerine, 2.5 fl oz

Ingredients: filtered water,
TANGERINE PUREE (tangerines,
orange pulp), organic cane sugar



YES

FRUITS Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 9

Stretch Island Fruit Leathers Autumn Apple, 0.5 oz

Ingredients: apple puree concentrate, natural apple flavor, lemon juice concentrate



Meets Food Group Standard?

Product 9

Stretch Island Fruit Leathers
Autumn Apple, 0.5 oz

Ingredients: **APPLE PUREE CONCENTRATE**, natural apple flavor, lemon juice concentrate



Apple puree concentrate is **ADDED SUGAR**



Meets Food Group Standard?

Product 10

Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry, 4 fl oz

Ingredients: micron filtered water, sugar, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



Meets Food Group Standard?

Product 10

Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry, 4 fl oz

Ingredients: micron filtered water, **SUGAR**, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



NO

First ingredient after water is **SUGAR**

Meets Food Group Standard?

Product 11

Rich's Fudge Frenzy, 3 fl oz

Ingredients: nonfat milk, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate



Meets Food Group Standard?

Product 11

Rich's Fudge Frenzy, 3 fl oz

Ingredients: **NONFAT MILK**, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate



YES

DAIRY Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 12

Beanitos Puffs White Cheddar, 0.7 oz

Ingredients: **WHOLE NAVY BEANS**, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



Meets Food Group Standard?

Product 12

Beanitos Puffs White Cheddar, 0.7 oz

Ingredients: **WHOLE NAVY BEANS**, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



YES

VEGETABLES or **PROTEIN**
Food Group*

* To comply with CNS, must also meet nutrient standards

Meets Food Group Standard?

Product 13

Rich's Low-fat Vanilla Sandwich, 4 fl oz

Ingredients: **FROZEN DAIRY DESSERT:** nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** bleached wheat flour, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor



Meets Food Group Standard?

Product 13

Rich's Low-fat Vanilla Sandwich, 4 fl oz

Ingredients: **FROZEN DAIRY DESSERT: NONFAT MILK** and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS: BLEACHED WHEAT FLOUR**, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, **MODIFIED CORN STARCH**, salt, baking soda, soy lecithin, artificial chocolate flavor



NO

Nonfat milk meets **DAIRY** food group but the wafer is **not WGR**

Any **GRAINS** in combination foods **MUST BE WGR**

GENERAL STANDARD 3 COMBINATION FOOD



Combination Food



The food item is a combination food that contains **AT LEAST** $\frac{1}{4}$ CUP of fruit/vegetable

Combination Foods

Foods that contain **MORE THAN ONE FOOD COMPONENT** such as veggie pizza, lasagna and smoothies made with low-fat milk and fruit



Combination Foods with Grains

IF CONTAIN SEPARATE GRAIN PORTION,
MUST MEET WGR GENERAL STANDARD

1. Contains **AT LEAST 50%** whole grains by weight
2. Any other grain ingredients are **ENRICHED**
3. Limit for **NONCREDITABLE** grains



NUTRIENT STANDARDS



Nutrition Standards

NUTRIENTS

- Calories
- Total Fat
- Saturated Fat
- Trans Fat
- Sodium
- Total Sugars



Nutrition Standards

INGREDIENTS

- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- No chemically altered fat substitutes
- No added caffeine
- No significant fortification (except naturally nutrient-rich foods based on documented health needs)
- No nutrition supplements

Examples of Nonnutritive Sweeteners

ARTIFICIAL SWEETENERS	“NATURAL” NONNUTRITIVE SWEETENERS*	SUGAR ALCOHOLS
<ul style="list-style-type: none"> ■ Acesulfame Potassium (Acesulfame-K, Sunett, Sweet One) ■ Aspartame (NutraSweet, Equal) ■ Saccharin (Sweet and Low, Sugar Twin, Sweet Twin, Sweet ‘N Low Brown, Necta Sweet) ■ Sucralose (Splenda) ■ Neotame ■ Tagatose 	<ul style="list-style-type: none"> ■ Stevia (Rebiana, Truvia, PureVia, SweetLeaf, Rebaudioside A) 	<ul style="list-style-type: none"> ■ Erythritol ■ Isomalt ■ Lactitol ■ Maltitol ■ Mannitol ■ Sorbitol ■ Xylitol ■ Hydrogenated starch hydrolysates (e.g., hydrogenated glucose syrups, maltitol syrups and sorbitol syrups)

* The term “natural” does not have any consistent meaning when used to describe foods or beverages, and has not been defined by the Food and Drug Administration (FDA)

Chemically Altered Fat Replacers

Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat, e.g., Olestra, Olean and Simplese



Chemically Altered Fat Replacers

- **CNS advocates whole or minimally processed foods that are naturally low in fat**
- **Research has not addressed safety of fat replacers for children**
- **Can have negative side effects, e.g., abdominal cramping and diarrhea (Olestra) or allergic reactions (Simplese)**

Not currently seen in foods but standard prevents future use of any commercial products developed with this ingredient

Nutrition Supplements

- Amino acids, e.g., taurine, glutamine, lysine and arginine
- Extracts, e.g., green tea extract and gotu kola extract
- Herbs or other botanicals, e.g., ginseng and ginkgo biloba

Efficacy and safety for consumption by children is not well known, and some nutrition supplements may have harmful side effects

Accompaniments

- All foods are evaluated for compliance with CBS based on amount of food item **AS SERVED** including any added **ACCOMPANIMENTS**
- Can use **AVERAGE PORTIONS** to determine nutrition information



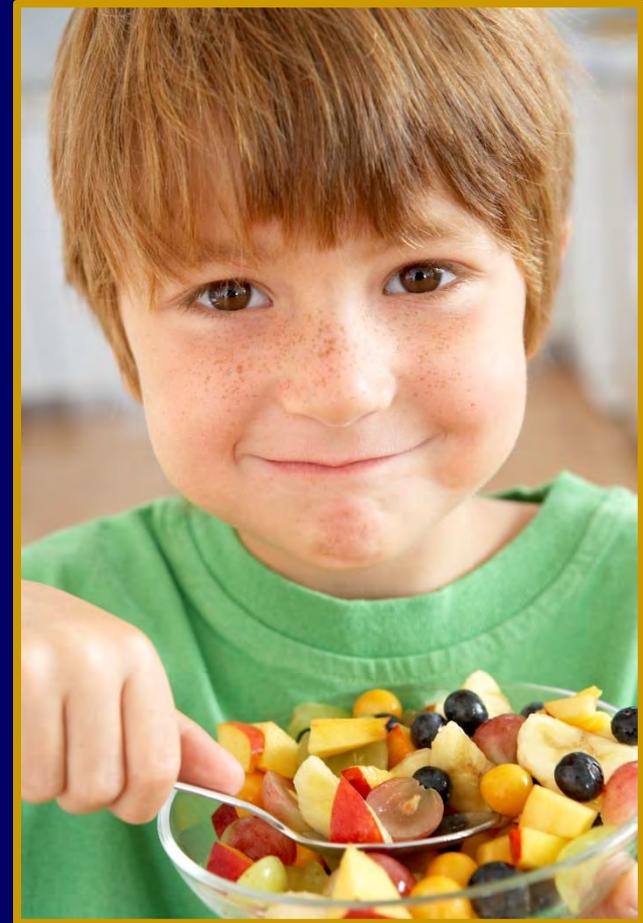
Accompaniments

Foods that accompany another food or beverage item, such as butter, margarine, oil, cream cheese, jelly, jam, mayonnaise, ketchup, mustard, relish, salad dressing, dipping sauces, sauce and gravy



Six Food Categories of CNS

1. Snacks
2. Entrees
3. Non-entree
Combination Foods
4. Cooked Grains
5. Soups
6. Fruits and Vegetables



SNACKS



Evaluating Snacks

Based on **AMOUNT SERVED** including any added accompaniments

- Bagel with cream cheese
- Muffin or roll with margarine or butter
- Crackers with jam
- Chips with dip



Standards for Snacks

GRAIN-BASED SNACKS MUST MEET WGR GENERAL STANDARD

1. Contains **AT LEAST 50%** whole grains by weight
2. Any other grain ingredients are **ENRICHED**
3. Limit for **NONCREDITABLE** grains



Standards for Snacks

CALORIES

- No more than 200



Standards for Snacks

FAT

- No more than 35% of calories **AND** no chemically altered fat substitutes

SATURATED FAT

- Less than 10% of calories



Exemptions for Fat and Saturated Fat

- **LOW-FAT OR REDUCED FAT**
100% NATURAL CHEESE
(including part-skim mozzarella)
- **NUTS** (including soy nuts), seeds
and nut/seed butters
- Products consisting of only **DRIED**
FRUIT WITH NUTS AND/OR SEEDS
with no added sweeteners or fats
(including chemically altered fat
substitutes)



Exemptions for Fat and Saturated Fat

Do not apply to

- **COMBINATION FOODS** such as trail mix (e.g., dried fruit, nuts/seeds, cereal/pretzels)

- packaged snacks containing these foods as an **INGREDIENT**
 - ▶ peanut butter cookie
 - ▶ pecan cookie
 - ▶ peanut butter crackers



Standards for Snacks

TRANS FAT

- Zero (less than 0.5 gram)
- No partially hydrogenated oils



Pepperidge Farms Chocolate Giant Goldfish Grahams

Nutrition Information

Serving size: 1 POUCH (26g/0.9oz)

Nutrients per Serving		%DV
Calories	110	
Calories From Fat	30	
Total Fat	3.5 g	5 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	120 mg	5 %
Total Carbohydrate	19 g	6 %
Dietary Fiber	1 g	4 %
Sugars	6 g	
Protein	2 g	
Vitamin A 0 %		Vitamin C 0 %
Calcium 10 %	Iron 8 %	

Percent Daily Values are based on a 2,000 calorie diet.
The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.



Ingredients: Whole wheat flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), high fructose corn syrup, vegetable oils (**PARTIALLY HYDROGENATED SOYBEAN, PARTIALLY HYDROGENATED COTTONSEED**), cocoa processed with alkali (dutch), sugar, contains 2 percent or less of: calcium carbonate, leavening (baking soda), salt, artificial flavor, soy lecithin, wheat starch, ascorbic acid (vitamin C), ferric orthophosphate, maltodextrin, vitamin A palmitate

Standards for Snacks

SUGARS

- No more than 35% of total sugars by weight **AND** no more than 15 grams
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Sugar Standards for Smoothies

- No more than **4 grams** of total sugars per ounce for smoothies made with low-fat yogurt and fruits/vegetables/100 percent juice
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols
- Portion size limit
 - ▶ **8 fluid ounces** for elementary schools
 - ▶ **12 fluid ounces** for middle and high schools



Sugar Standards for Yogurt and Pudding

- No more than **4 grams** of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Dannon Light & Fit Greek Yogurt



Ingredients: cultured grade A non fat milk, water, strawberry, contains less than 1% of fructose, modified corn starch, natural and artificial flavors, carmine and black carrot juice concentrate (for color), sodium citrate, **SUCRALOSE**, potassium sorbate (to maintain freshness), malic acid, **ACESULFAME POTASSIUM**.

Quaker Chewy Chocolate Chip Granola Bar



Ingredients: granola (whole grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, malted barley extract], whole grain rolled wheat, soybean oil, dried coconut, whole wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil. contains 2% or less of **SORBITOL**, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, BHT (preservative), citric acid.

Thomas' 100% Whole Wheat English Muffin



Ingredients: whole wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, **SUCRALOSE, soy lecithin, soy, whey (milk).**

Rich's Sub Roll Dough Made with Whole Grains



Ingredients: water, whole wheat flour, enriched unbleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), yeast, sugar, soybean oil, wheat gluten, contains less than 2% of the following: natural flavor (contains wheat ingredients), oat fiber, sea salt, datem, honey, **ACESULFAME POTASSIUM**, ascorbic acid, enzyme.

Contains: wheat. May contain milk, soy, egg and sesame.

Exemptions for Sugar

- **DRIED FRUIT WITH NUTS/SEEDS** with no added sweeteners (including artificial sweeteners, nonnutritive sweeteners and sugar alcohols or fats (including chemically altered fat substitutes)
- **FROZEN DESSERTS CONTAINING ONLY 100% JUICE/FRUIT** and no added sweeteners including artificial sweeteners, nonnutritive sweeteners and sugar alcohols



Standards for Snacks

SODIUM

- No more than 230 milligrams
- Effective July 1, 2016, no more than 200 milligrams



Standards for Snacks

CAFFEINE

- None, with the exception of trace amounts of naturally occurring caffeine-related substances



ENTREES



Entrees

CNS applies **ONLY** to entrees sold **ONLY A LA CARTE**, i.e., entrees that are **NOT** part of a reimbursable meal



Entree Exemptions

Entrees sold a la carte on **SAME DAY** they are planned and served as part of reimbursable school meals are **EXEMPT** from CNS if they

- are the **SAME OR SMALLER** portion size
- have the **SAME ACCOMPANIMENTS**
- meet the **TRANS FAT** standard
- do **NOT** contain artificial sweeteners, nonnutritive sweeteners, sugar alcohols or chemically altered fat substitutes



Entrees sold only a la carte must meet

1. the entree **DEFINITION AND**
2. **AT LEAST ONE** of the three general standards (entrees that contain grains must also meet the WGR standard) **AND**
3. **ALL NUTRIENT STANDARDS** for the entree category



Entrees

Three categories of **MAIN DISH** food items

- 1.** A combination food of **meat/meat alternate** and **whole grain-rich (WGR)** food



Entrees

Three categories of **MAIN DISH** food items

2. A combination food of **vegetable/fruit and meat/meat alternate**



Entrees

Three categories of **MAIN DISH** food items

- 3. A meat/meat alternate alone excluding**
- ▶ yogurt
 - ▶ low-fat or reduced fat cheese
 - ▶ nuts, seeds, nut/seed butters
 - ▶ meat snacks, e.g., jerky and meat sticks



Test Your Knowledge

CNS Entree Definition

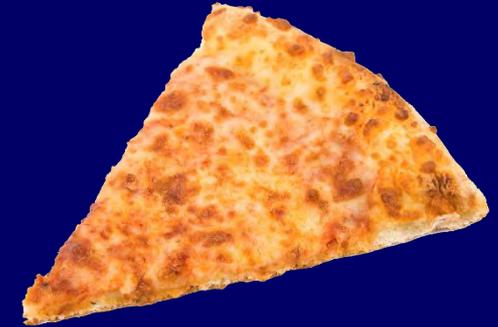
Decide whether each product meets the CNS entree definition



Meets CNS Entree Definition?

Product 1

Cheese Pizza with Whole-wheat Crust (50% whole grain and 50% enriched flour)



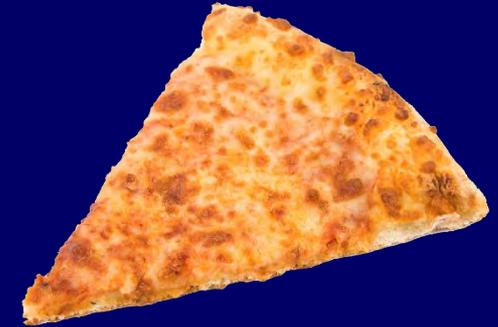
- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 1

YES

Cheese Pizza with Whole-wheat Crust (50% whole grain and 50% enriched flour)



- Combination food of meat/meat alternate and WGR food**
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Cheese (meat/meat alternate) and pizza crust (WGR food)

Meets CNS Entree Definition?

Product 2

Low-fat Cheese Stick



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 2

NO

Low-fat Cheese Stick



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Cheese alone is a snack food and is evaluated under the "Snacks" category

Meets CNS Entree Definition?

Product 3

Three Bean Vegetarian Chili (tomato sauce and beans)



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 3

YES

**Three Bean Vegetarian Chili
(tomato sauce and beans)**



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate**
- Meat/meat alternate alone

Tomato sauce (vegetables) and beans (meat/meat alternate)

Meets CNS Entree Definition?

Product 4

Vegetable Egg Roll (Whole-grain Wrapper), CN Labeled



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 4

NO

Vegetable Egg Roll (Whole-grain Wrapper), CN Labeled



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Product does not contain MEAT/MEAT ALTERNATE (only vegetables and WGR eggroll wrapper)

Meets CNS Entree Definition?

Product 5

Chicken Vegetable Stir-fry



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 5

YES

Chicken Vegetable Stir-fry



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate**
- Meat/meat alternate alone

Vegetables (vegetables) and chicken (meat/meat alternate)

Meets CNS Entree Definition?

Product 6

**Breaded Chicken Breast
on Enriched Bun**



- Combination food of meat/meat alternate and WGR food**
- Combination food of vegetable/fruit and meat/meat alternate**
- Meat/meat alternate alone**

Meets CNS Entree Definition?

Product 6

NO

**Breaded Chicken Breast
on Enriched Bun**



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Grain component (enriched bun) is not WGR

Meets CNS Entree Definition?

Product 7

Chicken Nuggets with Enriched Breading



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 7

NO

Chicken Nuggets with Enriched Breading



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Grain component (enriched breading) is not WGR

Meets CNS Entree Definition?

Product 8

Chicken Nuggets with Whole-grain Breading



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 8

YES

Chicken Nuggets with
Whole-grain Breading



- Combination food of meat/meat alternate and WGR food**
- Combination food of vegetable/fruit and meat/meat alternate**
- Meat/meat alternate alone**

Chicken (meat/meat alternate) and breading (WGR food)

Meets CNS Entree Definition?

Product 9

Low-fat Yogurt



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 9

NO

Low-fat Yogurt



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Yogurt alone is a snack food and is evaluated under the “Snacks” category

Meets CNS Entree Definition?

Product 10

Yogurt and Fruit Parfait



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 10

YES

Yogurt and Fruit Parfait



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate**
- Meat/meat alternate alone

Fruit (fruits) and yogurt (meat/meat alternate)

Meets CNS Entree Definition?

Product 10

Fruit Smoothie (Low-fat yogurt and Fruit)



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 10

YES

**Fruit Smoothie
(Low-fat yogurt and Fruit)**



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate**
- Meat/meat alternate alone

Fruit (fruits) and yogurt (meat/meat alternate)

Meets CNS Entree Definition?

Product 11

Nuts and Seeds



- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Meets CNS Entree Definition?

Product 11

NO

Nuts and Seeds

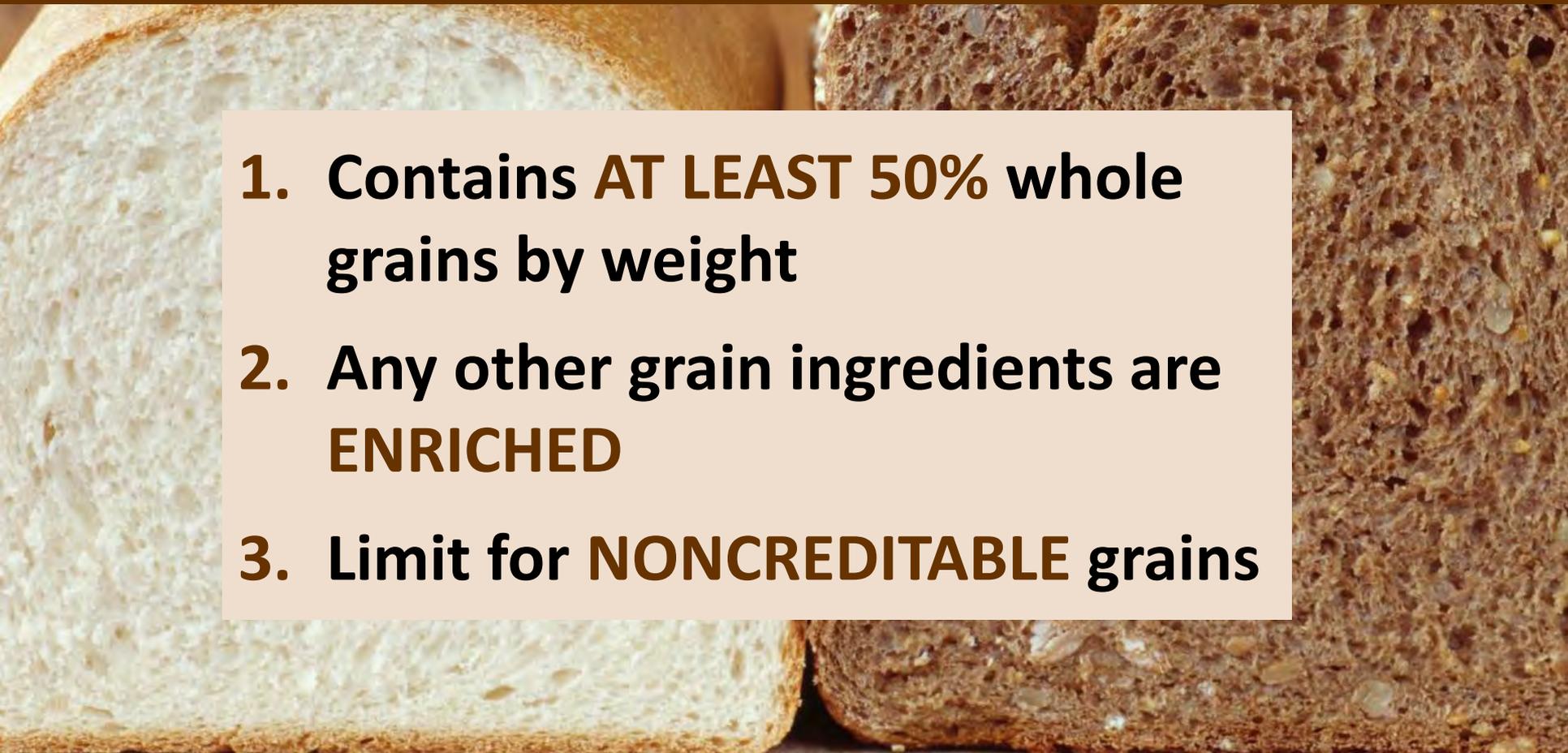


- Combination food of meat/meat alternate and WGR food
- Combination food of vegetable/fruit and meat/meat alternate
- Meat/meat alternate alone

Nuts and seeds are snack foods and are evaluated under the “Snacks” category

Standards for Entrees Sold Only A La Carte

GRAIN-BASED ENTREES MUST MEET WGR GENERAL STANDARD

- 
1. Contains **AT LEAST 50%** whole grains by weight
 2. Any other grain ingredients are **ENRICHED**
 3. Limit for **NONCREDITABLE** grains

Standards for Entrees Sold Only A La Carte

CALORIES

- No more than 350



Standards for Entrees Sold Only A La Carte

FAT

- No more than 35% of calories **AND** no chemically altered fat substitutes
- **EXEMPTION:** Seafood with no added fat

SATURATED FAT

- Less than 10% of calories



Standards for Entrees Sold Only A La Carte

TRANS FAT

- Zero (less than 0.5 gram)
- No partially hydrogenated oils



Standards for Entrees Sold Only A La Carte

SUGARS

- No more than 35% by weight and no more than 15 grams **AND**
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Standards for Entrees Sold Only A La Carte

SODIUM

- No more than 480 milligrams

CAFFEINE

- No caffeine



Evaluating Entrees Sold Only A La Carte

Based on **AMOUNT SERVED** including any added accompaniments

- Hamburger with ketchup
- Chicken nuggets with dipping sauce
- Taco with taco sauce
- Stir-fry chicken with duck sauce



NON-ENTREE COMBINATION FOODS

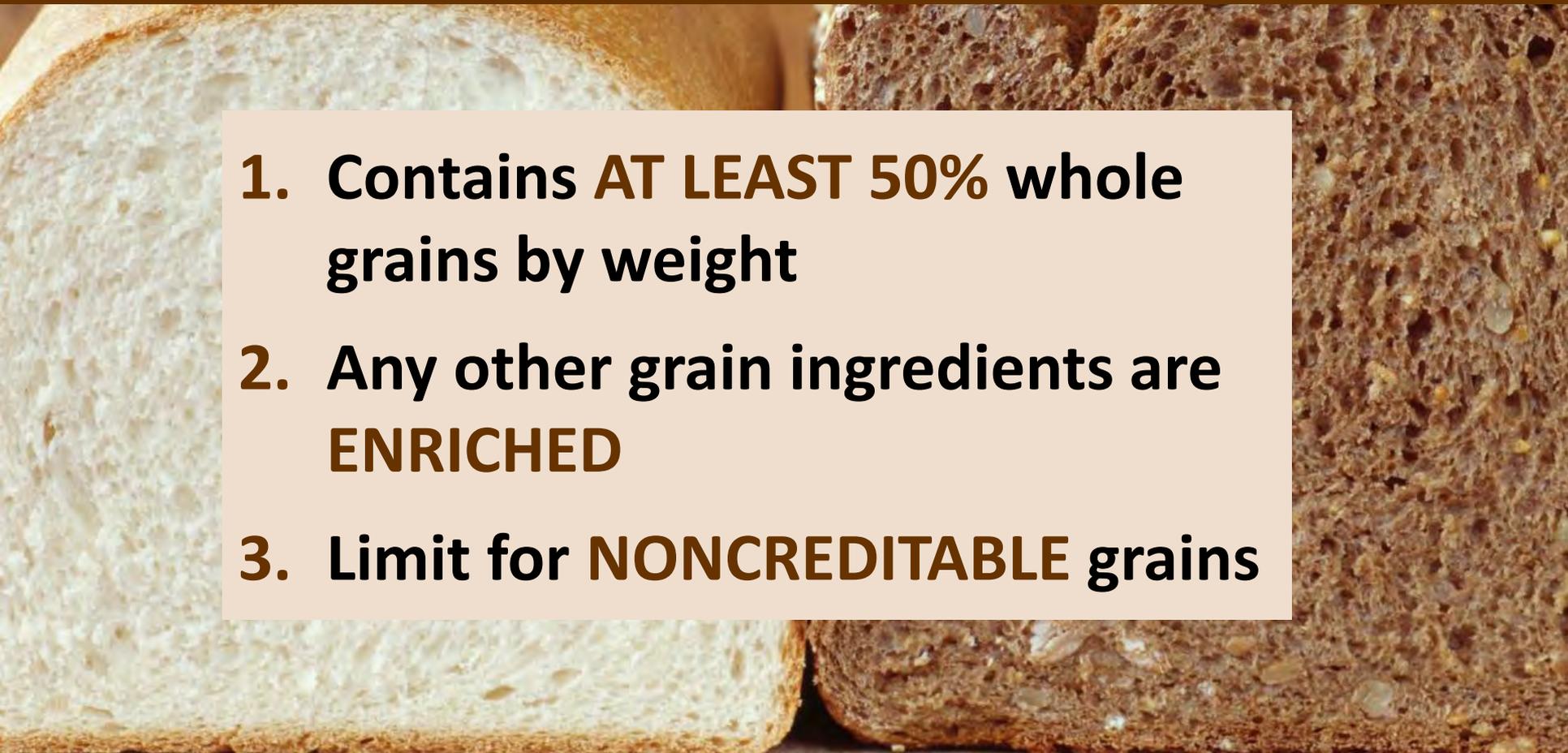


Non-entree Combination Foods

- Nutrient-rich combination foods do not meet the entree definition, such as
 - ▶ WGR vegetable egg rolls
 - ▶ carrot sticks with peanut butter
 - ▶ vegetables with hummus dip
- Includes foods that do not meet **MAIN DISH** entree criteria **OR** do not provide **MINIMUM MEAL PATTERN REQUIREMENTS** for meat/meat alternates and grains or meat/meat alternates alone

Standards for Non-entree Combination Foods

**IF CONTAIN GRAINS COMPONENT,
MUST MEET WGR GENERAL STANDARD**

- 
- 1. Contains AT LEAST 50% whole grains by weight**
 - 2. Any other grain ingredients are ENRICHED**
 - 3. Limit for NONCREDITABLE grains**

Standards for Non-entree Combination Foods

CALORIES

- No more than 200



Standards for Non-entree Combination Foods

FAT

- No more than 35% of calories **AND** no chemically altered fat substitute
- **EXEMPTION:** Seafood with no added fat

SATURATED FAT

- Less than 10% of calories



Standards for Non-entree Combination Foods

TRANS FAT

- Zero (less than 0.5 gram)
- No partially hydrogenated oils



Standards for Non-entree Combination Foods

SUGARS

- No more than 35% by weight **AND** no artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Standards for Non-entree Combination Foods

SODIUM

- No more than 230 milligrams
- Effective July 1, 2016, no more than 200 milligrams

CAFFEINE

- No caffeine



Evaluating Non-entree Combination Foods

Evaluated for compliance with the CNS based on the **AMOUNT SERVED** including any added accompaniments

- Vegetable egg roll with duck sauce
- Fruit cobbler with WGR crust and whipped cream



FRUITS AND VEGETABLES



Standards for Fruits and Vegetables

CALORIES

- No more than 200



Standards for Fruits and Vegetables

FAT

- No more than 35% of calories **AND** no chemically altered fat substitutes

SATURATED FAT

- Less than 10% of calories



Standards for Fruits and Vegetables

TRANS FAT

- Zero (less than 0.5 gram)
- No partially hydrogenated oils



Standards for Fruits and Vegetables

SUGARS

- No more than 35% by weight, EXCEPT
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Exemptions for Sugars

- Dried whole fruits or vegetables
- Dried whole fruit or vegetable pieces
- Dehydrated fruits or vegetables



Standards for Fruits and Vegetables

SODIUM

- No more than 230 milligrams
- Effective July 1, 2016, no more than 200 milligrams

CAFFEINE

- No caffeine



Exemptions from All Standards

- **FRESH AND FROZEN** fruits and vegetables with no added ingredients except water



Exemptions from All Standards

- **CANNED FRUITS*** with no added ingredients except water or that are packed in 100% juice, extra light syrup or light syrup

* Without added artificial sweeteners, nonnutritive sweeteners, sugar alcohols or fats, including chemically altered fat substitutes



Exemptions from All Standards

- **CANNED VEGETABLES** with no added ingredients except water or that contain no added ingredients except a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable



Evaluating Fruits and Vegetables

Based on **AMOUNT SERVED** including any added accompaniments

- French fries with ketchup
- Salad with dressing
- Carrots with low-fat ranch dressing
- Apple slices with caramel dipping sauce



COOKED GRAINS



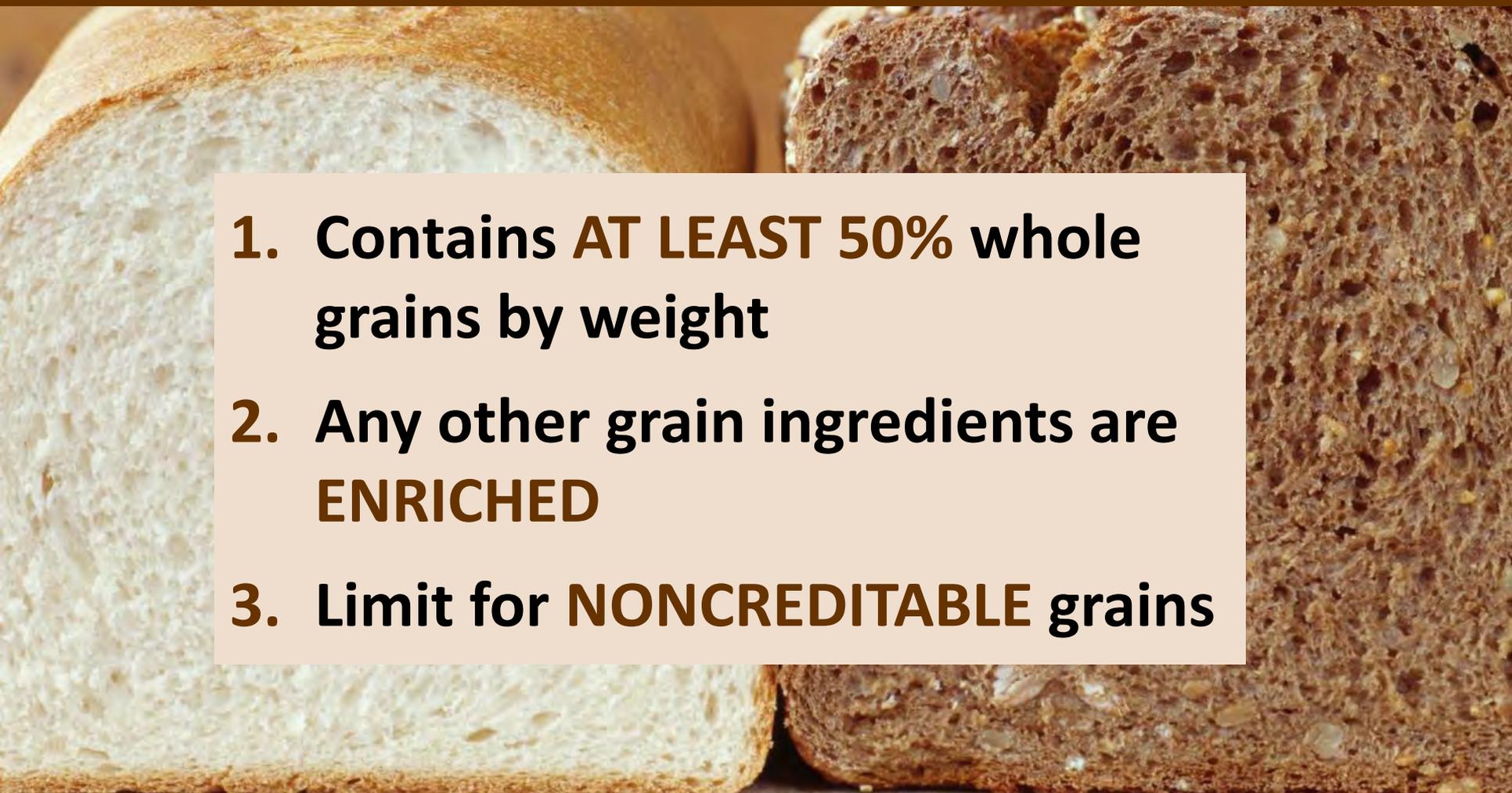
Examples of Cooked Grains

- Brown rice
- Whole-grain barley
- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum



Standards for Cooked Grains

MUST MEET WGR GENERAL STANDARD

- 
1. Contains **AT LEAST 50%** whole grains by weight
 2. Any other grain ingredients are **ENRICHED**
 3. Limit for **NONCREDITABLE** grains

Standards for Cooked Grains

CALORIES

- No more than 200



Standards for Cooked Grains

FAT

- No more than 35% of calories **AND** no chemically altered fat substitutes

SATURATED FAT

- Less than 10% of calories



Standards for Cooked Grains

TRANS FAT

- Zero (less than 0.5 gram)
- No partially hydrogenated oils



Standards for Cooked Grains

SUGARS

- No more than 35% by weight **AND** no more than 15 grams of total sugars
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Standards for Cooked Grains

SODIUM

- No more than 230 milligrams
- Effective July 1, 2016, no more than 200 milligrams

CAFFEINE

- No caffeine



Evaluating Cooked Grains

Based on **AMOUNT SERVED** including any added accompaniments

- Rice with duck sauce
- Pasta with butter or margarine
- Pasta with tomato sauce



SOUPS



Standards for Soups

CALORIES

- No more than 200

FAT

- No more than 35% of calories **AND**
no chemically altered fat substitutes

SATURATED FAT

- Less than 10% of calories



Standards for Soups

TRANS FAT

- Zero (less than 0.5 gram)
- No partially hydrogenated oils



Standards for Soups

SUGARS

- No more than 35% by weight
AND no more than 15 grams of total sugars
- No artificial sweeteners, nonnutritive sweeteners or sugar alcohols



Standards for Soups

SODIUM

- No more than 230 milligrams
- Effective July 1, 2016, no more than 200 milligrams



CAFFEINE

- No caffeine

Evaluating Soups

Based on **AMOUNT SERVED** including any added accompaniments

- Black bean soup with sour cream
- Tomato soup with grated cheese
- French onion soup with croutons
- Clam chowder with oyster crackers



EVALUATING PURCHASED FOODS



List of Acceptable Food and Beverages

LIST OF ACCEPTABLE FOODS AND BEVERAGES

Timesaver Tip: To search the list for specific foods, beverages or manufacturers, open the appropriate list. On the toolbar, click on "edit" then "find" and enter the information you would like to find.

- [List 1](#) **CHIPS**, popcorn, rice cakes and puffed snacks
- [List 2](#) **CRACKERS**, pita chips, hard pretzels and snack mix
- [List 3](#) **COOKIES AND BARS** (e.g., granola bars, cereal bars, animal crackers and graham crackers)
- [List 4](#) **BAKERY PRODUCTS** (e.g., waffles, pancakes, soft pretzels, muffins, rolls and bagels)
- [List 5](#) **BREAKFAST CEREALS** (cold ready-to-eat cereal and cooked hot cereal, e.g., oatmeal)
- [List 6](#) **NUTS, SEEDS AND JERKY** (including nut/seed butters, soy nuts and trail mix)
- [List 7](#) **YOGURT AND PUDDING**
- [List 8](#) **CHEESE** (low-fat or reduced fat natural cheese)
- [List 9](#) **SMOOTHIES** (made with low-fat yogurt and fruits/vegetables/100 percent juice)
- [List 10](#) **FROZEN DESSERTS** (e.g., ice cream, ice cream novelties and frozen fruit/juice bars)
- [List 11](#) **FRUITS AND VEGETABLES** (individually packaged fresh, frozen, canned and dried)
- [List 12](#) **SOUPS** (ready-to-serve, condensed and frozen)
- [List 13](#) **NON-ENTREE COMBINATION FOODS** (contain more than one food component)
- [List 14](#) **ENTREES** (sold only a la carte)
- [List 15](#) **COOKED GRAINS** (e.g., pasta, rice, quinoa and bulgur)
- [List 16](#) Beverages - **MILK** (low-fat unflavored and fat-free unflavored or flavored)
- [List 17](#) Beverages - **DAIRY ALTERNATIVES**, e.g., soy milk
- [List 18](#) Beverages - **100% JUICE** (carbonated and noncarbonated)
- [List 19](#) Beverages - **100% JUICE FROZEN SLUSH**
- [List 20](#) Beverages - **WATER WITH JUICE** (carbonated and noncarbonated)
- [List 21](#) Beverages - **WATER** (carbonated and noncarbonated)

Evaluating Purchased Foods

- Check CSDE's *List of Acceptable Foods and Beverages* to ensure products meet all standards **BEFORE** purchasing

Approval of products is both brand and item specific

- Listed products meet **AT LEAST ONE** general standard and **ALL** nutrient standards



Common Compliance Issues for Purchased Foods

- Not **VERIFYING** that purchased items are approved
- Assuming that **VENDOR ASSURANCES** of state approval are correct

Check vendor lists against CSDE's list to ensure items are approved

- Not **CHECKING DELIVERIES** against orders

Evaluating Purchased Foods

CSDE EXCEL WORKSHEETS

- 1 – Snacks
- 2 – Yogurt and Pudding
- 3 – Smoothies
- 4 – Fruits and Vegetables
- 5 – Soups
- 6 – Cooked Grains
- 7 – Entrees
- 8 – Non-entree Combination Foods



EVALUATING FOODS

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias and any non-exempt fundraising activities on school premises. For information on the requirements for fundraisers, review the CSDE's [Fundraiser handout](#).



The handouts and resources below provide information to assist schools with determining whether purchased and school-made foods comply with the CNS. Schools must determine compliance of all food items **before** selling them to students.

Purchased Foods	School-made Foods
<p>The Connecticut State Department of Education's (CSDE) worksheets 1-8 can be used to evaluate products for compliance with the CNS. While these worksheets are useful in identifying whether new products comply with the CNS, the CSDE strongly encourages districts to use the List of Acceptable Foods and Beverages to ensure that commercially available items comply with the CNS and state beverage requirements.</p> <p>Please submit the nutrition information for any new products not included on the List of Acceptable Foods and Beverages to the CSDE for review. The handout, Submitting Foods and Beverage Products for Approval, summarizes the information needed by the CSDE to review foods and beverages for compliance with the state requirements.</p>	<p>To ensure compliance with the CNS, schools must conduct a nutrient analysis of all recipes used to prepare food items sold to students separately from reimbursable meals (except for entree items that are sold as part of reimbursable meals and that are also sold a la carte the same day). School-made foods include:</p> <ol style="list-style-type: none">foods that are prepared from scratch using a recipe, e.g., entrees sold only a la carte, soup, baked goods, cooked grains and vegetables; orfoods that require some additional processing by adding other ingredients after purchasing, e.g., assembling a sandwich, popping popcorn kernels in oil or making cookies from a mix and adding butter and eggs.  <p>To determine whether a recipe complies with the CNS, calculate the recipe's nutrition information using worksheet 9 then enter this information into the appropriate worksheet for the food category (see CNS worksheets 1-8 below). If the recipe is missing nutrition information for trans fat or sugars, calculate this information using CNS worksheets 10 and 11.</p> <ul style="list-style-type: none">Guidance on Evaluating School Recipes [PDF]

CNS Worksheets

All Worksheets Revised September 2015

- Worksheet 1 Snacks [\[Excel\]](#)
- Worksheet 2 Yogurt and Pudding [\[Excel\]](#)
- Worksheet 3 Smoothies [\[Excel\]](#)
- Worksheet 4 Fruits and Vegetables [\[Excel\]](#)
- Worksheet 5 Soups [\[Excel\]](#)
- Worksheet 6 Cooked Grains [\[Excel\]](#)
- Worksheet 7 Entrees [\[Excel\]](#)
- Worksheet 8 Non-entree Combination Foods [\[Excel\]](#)
- Worksheet 9 Nutrient Analysis of Recipes [\[Excel\]](#)
- Worksheet 10 Evaluating Recipes for Sugars [\[Excel\]](#)

Submitting Food and Beverage Products for Approval

Submitting Food and Beverage Products for Approval

Connecticut's List of Acceptable Foods and Beverages

The Connecticut State Department of Education (CSDE) reviews foods and beverages for compliance with the state nutrition standards for foods and beverages in schools. Foods that meet the [Connecticut Nutrition Standards](#), and beverages that meet the state requirements of Section 10-221q of the Connecticut General Statutes and the U.S. Department of Agriculture (USDA) Smart Snacks standards, will be added to the CSDE's [List of Acceptable Foods and Beverages](#).

To submit a food or beverage product to the CSDE for review, provide a PDF of the actual product package, artwork for the product package or a product specification sheet. The CSDE prefers that the submission includes the actual product packaging because it contains the most complete and accurate information. The product submission must include the following:

1. Name of manufacturer, exactly as it appears on the product label.
2. Name of product, exactly as it appears on the product label.
3. Flavor or variety of product, exactly as it appears on the product label.
4. Nutrition facts label, which must include the following nutrients: calories, total fat, saturated fat, trans fat, sugars, sodium and fiber.
5. List of ingredients, which must be in a format that can be electronically copied.
6. Actual package size, which must list both individual serving size and actual package size. For frozen desserts, the serving size must include both volume (fluid ounces) and weight (ounces or grams) of one serving of the product.
7. UPC code for the individual package (i.e., 0-00000-00000-0) and case (i.e., 000-00000-00000-0) or the manufacturer product code if the product does not have a UPC code.
8. List of distributors that sell the products to schools in Connecticut. The CSDE's [Contact Information for Vendors](#) provides schools with contact information for manufacturers, brokers and distributors that sell foods and beverages included on the [List of Acceptable Foods and Beverages](#). For any vendor not already listed, please provide the following contact information:
 - contact name
 - contact title
 - company name
 - company address (street, city, zip code)
 - phone
 - fax
 - e-mail
 - Web site (if available)

Please submit all required information via e-mail to masan.flore@ct.gov. The CSDE will review the products and you will be notified of their status via e-mail. The review process is generally completed within 7-10 days.



For more information, contact Susan S. Flore, M.S., R.D., Nutrition Education Coordinator
Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult
Education, 25 Industrial Park Road, Middletown, CT 06457, 860-867-2075
This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/submitproduct.pdf

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Connecticut State Department of Education • Revised April 2015

EVALUATING SCHOOL-MADE FOODS

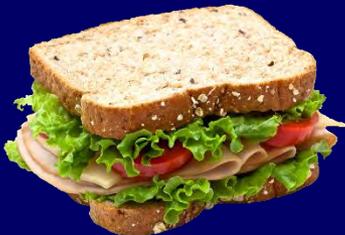


School-made Foods

1. Foods **PREPARED FROM SCRATCH** using a recipe, e.g., entrees, soup, baked goods, cooked grains, vegetables

AND

2. Foods requiring some **ADDITIONAL PROCESSING** by adding other ingredients after purchasing



Examples of School-made Foods

- **Assembling a sandwich**
- **Making soup from scratch**
- **Making commercial tomato soup with milk instead of water**
- **Popping popcorn kernels with oil**
- **Making cookies or muffins from a mix and adding butter and eggs**
- **Adding sprinkles to purchased frozen cookie dough**
- **Making salads with dressing**
- **Cooking vegetables with oil, margarine or butter**
- **Cooking pasta or rice with oil, margarine or butter**

Common Compliance Issues for School-made Foods

- Not conducting **NUTRIENT ANALYSIS** of recipes to determine if the serving complies with each standard
- Not **REVIEWING** recipe's nutrient analysis for compliance with each standard for the food category



Evaluating School-made Foods

District must conduct a **NUTRIENT ANALYSIS** of the standardized recipe and ensure that school-made foods comply with the CNS **BEFORE** they are sold to students



Steps for Evaluating School-made Foods

1. Use or develop a **STANDARDIZED RECIPE** that includes the specific quantity of each ingredient

Cornbread					
Grains/Breads			Grains/Breads		
			B-09		
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ½ cups	2 lb	1 qt 3 ½ cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed. 2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy. 3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 4. Bake until lightly browned. Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes 5. Cut each half-sheet pan 5 x 10 (50 pieces per pan).
Cornmeal OR Enriched corn grits	1 lb OR 1 lb	3 ½ cups OR 2 ½ cups	2 lb OR 2 lb	1 qt 3 ½ cups OR 1 qt 1 ½ cups	
Sugar	5 ½ oz	½ cup	10 ½ oz	1 ½ cups	
Baking powder		2 Tbsp 2 tsp	2 oz	½ cup	
Salt		1 ½ tsp		2 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ½ oz	½ cup OR 3 each	10 ½ oz	1 ½ cups OR 6 each	
Instant nonfat dry milk, reconstituted		3 ½ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh green chili peppers, chopped (optional)	4 oz	½ cup 3 Tbsp	8 oz	1 ½ cups 2 Tbsp	

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Green chili peppers	5 oz	10 oz

Standardized Recipe

A recipe that provides a consistent food product through the use of the same ingredients, measurements, and methods of preparation every time



Steps for Evaluating School-made Foods

2. Check that the recipe includes **NUTRITION INFORMATION** for each required nutrient (calories, fat, saturated fat, trans fat, sugars and sodium)



- Missing nutrient values do not mean that the actual nutrient value is zero

Schools must obtain any missing nutrition information **BEFORE** the recipe can be evaluated for compliance

Example of Missing Nutrient Values

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ⅓ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

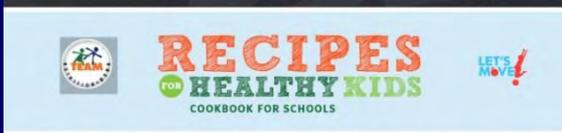
 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Nutrients Per Serving

Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU	Sodium	278.10 mg
Total Fat	5.62 g		(24.27 RAE)	Dietary Fiber	2.67 g
		Vitamin C	12.38 mg		



USDA, September 2013

- Missing total sugars
- Missing trans fat

USDA Recipes for Healthy Kids

<http://healthymeals.nal.usda.gov/recipes-healthy-kids-cookbooks/recipes-healthy-kids-cookbooks-cookbook-schools>

CSDE Excel Worksheets

- 1 – Snacks
- 2 – Yogurt and Pudding
- 3 – Smoothies
- 4 – Fruits and Vegetables
- 5 – Soups
- 6 – Cooked Grains
- 7 – Entrees
- 8 – Non-entree Combination Foods



EVALUATING FOODS

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias and any non-exempt fundraising activities on school premises. For information on the requirements for fundraisers, review the CSDE's [Fundraiser handout](#).



The handouts and resources below provide information to assist schools with determining whether purchased and school-made foods comply with the CNS. Schools must determine compliance of all food items **before** selling them to students.

Purchased Foods	School-made Foods
<p>The Connecticut State Department of Education's (CSDE) worksheets 1-8 can be used to evaluate products for compliance with the CNS. While these worksheets are useful in identifying whether new products comply with the CNS, the CSDE strongly encourages districts to use the List of Acceptable Foods and Beverages to ensure that commercially available items comply with the CNS and state beverage requirements.</p> <p>Please submit the nutrition information for any new products not included on the List of Acceptable Foods and Beverages to the CSDE for review. The handout, Submitting Foods and Beverage Products for Approval, summarizes the information needed by the CSDE to review foods and beverages for compliance with the state requirements.</p>	<p>To ensure compliance with the CNS, schools must conduct a nutrient analysis of all recipes used to prepare food items sold to students separately from reimbursable meals (except for entree items that are sold as part of reimbursable meals and that are also sold a la carte the same day). School-made foods include:</p> <ol style="list-style-type: none">1. foods that are prepared from scratch using a recipe, e.g., entrees sold only a la carte, soup, baked goods, cooked grains and vegetables; or2. foods that require some additional processing by adding other ingredients after purchasing, e.g., assembling a sandwich, popping popcorn kernels in oil or making cookies from a mix and adding butter and eggs.  <p>To determine whether a recipe complies with the CNS, calculate the recipe's nutrition information using worksheet 9 then enter this information into the appropriate worksheet for the food category (see CNS worksheets 1-8 below). If the recipe is missing nutrition information for trans fat or sugars, calculate this information using CNS worksheets 10 and 11.</p> <ul style="list-style-type: none">• Guidance on Evaluating School Recipes [PDF]

CNS Worksheets

All Worksheets Revised September 2015

- Worksheet 1 Snacks [\[Excel\]](#)
- Worksheet 2 Yogurt and Pudding [\[Excel\]](#)
- Worksheet 3 Smoothies [\[Excel\]](#)
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- Worksheet 7 Entrees [\[Excel\]](#)
- Worksheet 8 Non-entree Combination Foods [\[Excel\]](#)
- Worksheet 9 Nutrient Analysis of Recipes [\[Excel\]](#)
- Worksheet 10 Evaluating Recipes for Sugars [\[Excel\]](#)

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Calculating Missing Values

- **TRANS FAT:** Check that ingredients list does not contain any partially hydrogenated oils, e.g., margarine
- **SUGARS:** Use CSDE Worksheet 10 to calculate the amount of total sugars in one serving of the recipe
- **OTHER NUTRIENTS:** Use nutrient software or databases to calculate any other missing nutrients

Calculating Sugars (Worksheet 10)

CNS WORKSHEET 10 Page 2

Worksheet 10 — Evaluating Recipes for Sugars

INSTRUCTIONS: Enter information in the **BLUE BOXES** below, following the directions indicated. The yellow boxes will calculate automatically.

School District:

Recipe Name: Number of Servings:

1 Enter **EACH SUGAR INGREDIENT** and the **WEIGHT IN POUNDS**. Identify all sources of sugars used in the recipe, e.g., granulated sugar, brown sugar, confectionary sugar, molasses, honey and corn syrup. If ingredients are listed by measure (e.g., cup, quart), you must first convert measure to weight (pounds) using the appropriate conversion equivalent for each sugar source. Some examples are listed below. **NOTE:** Weighing the **ACTUAL PORTION** of an ingredient provides the most accurate information.

- granulated sugar – 1 pound equals 2 ¼ cups
- brown sugar, lightly packed – 1 pound equals 3 cups
- brown sugar, firmly packed – 1 pound equals 2 cups
- powdered sugar, unsifted – 1 pound equals 3 ¼ cups
- powdered sugar, sifted – 1 pound equals 3 ¾ cups
- molasses – 1 pound equals 1 1/3 cups
- honey – 1 pound equals 1 1/3 cups
- corn syrup – 1 pound equals 1 ½ cups
- maple syrup – 1 pound equals 1 ½ cups

	Source of Sugar	Weight (Pounds)	Weight (Grams)
Source 1:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text" value="0.00"/>
Source 2:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text" value="0.00"/>
Source 3:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text" value="0.00"/>
Source 4:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text" value="0.00"/>
Total Weight of Sugars:			<input style="width: 90%; height: 15px;" type="text" value="0.00"/>

2 Enter **EACH NON-SUGAR INGREDIENT** and the **AMOUNT OF SUGARS** in grams. For each ingredient in the recipe, determine the total sugars using the Nutrition Facts label or a nutrient database, such as the USDA National Nutrient Database. For example, based on the USDA National Nutrient Database, a recipe containing 4 cups of seedless raisins (343 grams of sugar), 2 cups of nonfat milk (25 grams of sugar) and 4 cups of enriched unbleached wheat flour (1 gram of sugar) contains a total of 369 grams of sugar.

	Other Recipe Ingredients (e.g., cups, pounds)	Amount Used in Recipe	Total Sugars (Grams)
Source 1:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text"/>
Source 2:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text"/>
Source 3:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text"/>
Source 4:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text"/>
Source 5:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text"/>
Source 6:	<input style="width: 90%; height: 15px;" type="text"/>	<input style="width: 10%; height: 15px;" type="text"/>	<input style="width: 90%; height: 15px;" type="text"/>
Total Weight of Sugars:			<input style="width: 90%; height: 15px;" type="text" value="0.00"/>
Total Weight of All Sugars in the Recipe:			<input style="width: 90%; height: 15px;" type="text" value="0.00"/> grams

3 **Weight of One Serving (Grams)**
Enter the weight of one serving of the recipe in ounces. If the weight is not listed for the serving size, weigh several portions of the prepared recipe as served (i.e., cooked, not raw) to determine the average weight of one serving.

One serving: ounces grams

4 **Amount of Sugars per Serving**

A – Grams of Sugars per Serving	<input style="width: 90%; height: 15px;" type="text" value="#DIV/0!"/>	grams	STANDARD No more than 15 grams	MEETS STANDARD? <input style="width: 20px; height: 15px;" type="text" value="###"/> yes <input style="width: 20px; height: 15px;" type="text" value="###"/> no
B – Percentage of Sugars by Weight	<input style="width: 90%; height: 15px;" type="text" value="#DIV/0!"/>		No more than 35 percent	<input style="width: 20px; height: 15px;" type="text" value="###"/> yes <input style="width: 20px; height: 15px;" type="text" value="###"/> no

▶ One serving of the recipe cannot exceed 200 calories including any added accompaniments, except for entrees. Entrees sold only a la carte cannot exceed 350 calories including any added accompaniments.

▶ To meet the CNS, one serving of the recipe must meet the sugar standards in addition to all other standards indicated for the appropriate food category of the CNS.

Connecticut State Department of Education • Revised September 2015

Sources of Nutrient Content Information

- Nutrition Facts labels for recipe ingredients
- USDA National Nutrient Database
- Nutrient analysis software programs
- “Nutrient Analysis” section of the CSDE’s Menu Planning and Food Production resources list



USDA National Nutrient Database

The screenshot shows the homepage of the USDA National Nutrient Database. At the top, there are logos for USDA, Agricultural Research Service, National Agricultural Library, and the Nutrient Data Lab. Below the logos is a horizontal strip of ten small images representing various agricultural products and people. A navigation menu contains links for Home, About the Database, NDL, FNIC, Help, and Contact Us. On the left side, there is a 'Browse' sidebar with a tree structure of links: NDNL Products and Services, Nutrient Lists, FNIC Resources, Food Composition, Macronutrients, Vitamins/Minerals, and Phytonutrients. The main content area features a heading 'Welcome to the USDA National Nutrient Database for Standard Reference', followed by a paragraph describing the database's search capabilities and a link to the 'USDA Ground Beef Calculator'. Below this is a section titled 'Start your search here.' with a link to 'About the Database'. A paragraph of text describes the database's maintenance and development. At the bottom right of the main content area, it says 'Last Modified: Dec 7, 2011'. The footer contains a series of links: NAL Home, USDA, Agricultural Research Service, Science.gov, GPO Access, Web Policies and Important Links, Site Map, FOIA, Accessibility Statement, Privacy Policy, Non-Discrimination Statement, Information Quality, USA.gov, and White House.

USDA Agricultural Research Service National Agricultural Library

Nutrient Data Lab NAL

Home About the Database NDL FNIC Help Contact Us

You are here: Home

Welcome to the USDA National Nutrient Database for Standard Reference

Find nutrient information on over 8,000 foods using this new and improved search feature. You can now search by food item, group, or list to find the nutrient information for your food items. In addition, you can now access the **USDA Ground Beef Calculator** from the same search page.

Start your search here.

For more information and documentation on the current version of this database, see [About the Database](#). For assistance using this search application, visit the [FAQ page](#).

The Database used in this search program, The USDA National Nutrient Database for Standard Reference, is maintained by the Nutrient Data Laboratory, Beltsville Human Nutrition Research Center. The web site was jointly developed by the USDA Nutrient Data Laboratory, and the Food and Nutrition Information Center and Information Systems Division of the National Agricultural Library.

Last Modified: Dec 7, 2011

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<http://ndb.nal.usda.gov/>

Menu Planning and Food Production

Connecticut State Department of Education

NUTRITION RESOURCES

Menu Planning and Food Production

This list contains online resources for menu planning and food production in the U.S. Department of Agriculture (USDA) Child Nutrition Programs. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesmp.pdf

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Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards

Guidance on Evaluating School Recipes for Compliance

with the Connecticut Nutrition Standards (CNS)

To comply with **Healthy Food Certification (HFC)** under **Section 10-215f** of the Connecticut General Statutes, schools must conduct a nutrient analysis of all recipes for foods sold to students separately from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This includes all sources of food sales, such as a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales and parent-made items. Nutrient analysis is not required when foods made from scratch are given to students free of any charge or contribution, such as suggested donations.



DETERMINING COMPLIANCE OF FOODS MADE FROM SCRATCH

Schools cannot determine whether foods made from scratch meet the CNS without a nutrient analysis of the standardized recipe. HFC districts must conduct a nutrient analysis of foods sold to students separately from reimbursable meals when:

- they are prepared from scratch using a recipe, e.g., entrees sold only a la carte such as pizza, chef's salad and chicken nuggets, soups, cooked grains such as rice and pasta with added oil or margarine, cooked vegetables with added oil or margarine, salad with dressing, fruit smoothies and baked goods such as muffins and cookies; or
- additional ingredients are added after purchasing, e.g., popping popcorn kernels in oil, assembling a sandwich, making muffins from a mix and adding butter and eggs or adding sprinkles to commercial frozen cookie dough.

To be allowed for sale to students, recipes for foods made from scratch must meet at least one CNS general standard and the serving size must comply with all CNS nutrient standards, e.g., calories, total fat, saturated fat, trans fat, sodium and sugars. Recipes cannot contain artificial or nonnutritive sweeteners, sugar alcohols, chemically altered fat substitutes, caffeine (excluding trace amounts of naturally occurring caffeine-related substances), nutrition supplements or significant fortification. For more information on the CNS, see the [CNS Web page](#).

NUTRITION INFORMATION FOR TRANS FAT AND SUGARS



The U.S. Department of Agriculture (USDA) recipes for schools and the USDA-approved software programs for nutrient analysis of school meals may be missing nutrition information for trans fat and sugars. Without this information, schools cannot determine whether the recipe complies with the CNS. If nutrient analysis software or recipes do not indicate the amount of trans fat and sugars per serving, HFC schools must calculate this information manually. The Connecticut State Department of Education's (CSDE) CNS worksheets provide additional information and guidance on

determining the amount of trans fat and sugars in recipes. See CNS worksheets 10 and 11 on the CSDE's [Evaluating Foods for Compliance Web page](#).

Districts must document that all recipes for a la carte foods comply with the CNS BEFORE selling these foods to students. To determine whether a recipe complies with the CNS, enter the complete nutrition information for ONE SERVING into the CNS worksheet for the appropriate food category (worksheets 1-8). These worksheets are available on the CSDE's [Evaluating Foods for Compliance Web page](#).

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Guidance on Evaluating Recipes, continued

NUTRIENT ANALYSIS OF RECIPES

Schools can use nutrient analysis software programs to analyze the nutrient content of a la carte foods made from scratch. Alternatively, schools can use the [USDA National Nutrient Database](#) to obtain nutrition information for specific foods and ingredients, then enter this information on [CNS worksheet 9](#) to determine the nutrition information per serving. Software programs that are not approved by the USDA can only be used to analyze a la carte sales. Analysis of school meals for compliance with the USDA nutrition standards must be conducted with USDA-approved software.



RESOURCES

Basics at a Glance Poster (National Food Service Management Institute):
<http://nfsmi-web01.nfsmi.clemis.edu/ResourceOverview.aspx?ID=250>

Evaluating Foods for Compliance with CNS (CSDE Web Page):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Evaluating Recipes for Trans Fat Worksheet (CSDE):
www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet10.xls

Evaluating Recipes for Added Sugars Worksheet (CSDE):
www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet11.xls

Food Buying Guide for School Meal Programs (USDA):
www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Measuring Success with Standardized Recipes (National Food Service Management Institute):
www.nfsmi.org/ResourceOverview.aspx?ID=88

Nutrient Analysis Software Approved by USDA:
<http://healthymeals.nal.usda.gov/menu-planning/software-approved-usda-administrative-reviews>

USDA National Nutrient Database:
<http://ndb.nal.usda.gov/>

USDA Recipes for Schools: www.fns.usda.gov/usda-recipes-schools

Weight and Volume Conversion Chart (Appendix B in *Measuring Success with Standardized Recipes*):
www.nfsmi.org/documentlibraryfiles/PDF/20080218092159.pdf



For more information, visit the CSDE's [Healthy Food Certification Web page](#) or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfr/evalrecipe.pdf

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RESOURCES



Summary of CNS

Connecticut Nutrition Standards

SCHOOL YEAR 2015-16 (EFFECTIVE JULY 1, 2015)

This document summarizes the Connecticut State Department of Education's (CSDE) *Connecticut Nutrition Standards for Foods in Schools*. The Connecticut Nutrition Standards (CNS) are based on current nutrition science and national health recommendations from the 2010 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine and American Heart Association.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium and sugars, eliminating trans fat, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the interim final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in Schools*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Districts that choose to participate in Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable school meals, at all times and from all sources including, but not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers and any other sources of food sales to students. Foods that comply with the CNS are included on the CSDE's *List of Acceptable Foods and Beverages*, a brand-specific list of commercial food products that comply with the CNS and beverages that comply with the state beverages requirements of C.G.S. Section 10-221q.

In HFC districts, foods that do not comply with the CNS can only be sold if the local board of education or school governing authority votes to allow exceptions, and the following conditions are met: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the foods are not sold from a vending machine or school store. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity, e.g., soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.

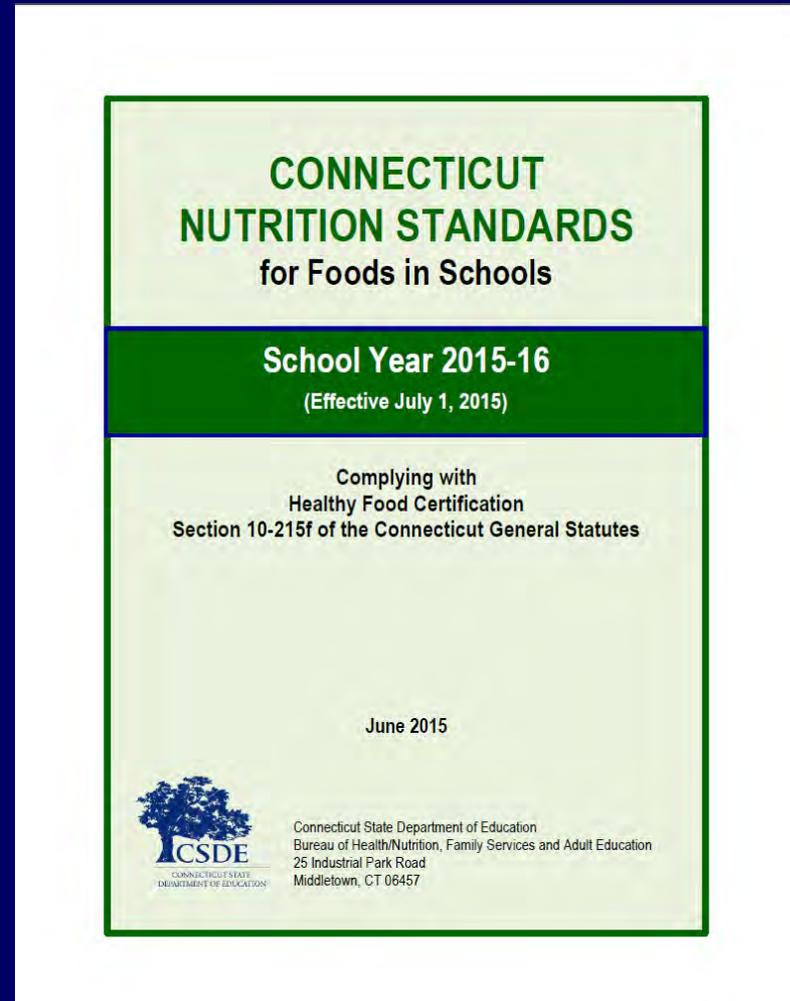
The table on page 9 provides some key definitions for the CNS. For a complete glossary, see the *Connecticut Nutrition Standards for Foods in Schools*.



The CNS may be subject to change, pending the USDA's release of the final rule on the Smart Snacks nutrition standards for competitive foods.

Full CNS Document

- Background
- Rationale
- Implementation Guidance



List of Acceptable Food and Beverages

List of Acceptable Foods and Beverages

Timesaver Tip: To search the list for specific foods, beverages or manufacturers, open the appropriate list. On the toolbar, click on “edit” then “find” and enter the information you are looking for.

List of Acceptable Foods and Beverages

- [List 1](#) Chips, Popcorn, Rice Cakes and Puffed Snacks
- [List 2](#) Crackers, Pita Chips, Hard Pretzels and Snack Mix
- [List 3](#) Cookies and Bars (e.g., granola, breakfast, cereal), including animal and graham crackers
- [List 4](#) Bakery Products (e.g., soft pretzels, muffins, bagels)
- [List 5](#) Cereals
- [List 6](#) Nuts, Seeds, Soy Nuts, Trail Mix and Jerky
- [List 7](#) Yogurt and Pudding
- [List 8](#) Cheese
- [List 9](#) Smoothies
- [List 10](#) Frozen Desserts and Ice Cream
- [List 11](#) Fruits and Vegetables
- [List 12](#) Soups
- [List 13](#) Non-entree Combination Foods
- [List 14](#) Entrees
- [List 15](#) Cooked Grains
- [List 16](#) Beverages – Milk
- [List 17](#) Beverages – Dairy Alternatives
- [List 18](#) Beverages – 100% Juice
- [List 19](#) Beverages – 100% Juice Frozen Slush
- [List 20](#) Beverages – Water with Juice (Carbonated and Noncarbonated)
- [List 21](#) Beverages – Water

Summary of Recent Updates

Changes since the previous online update of the list [\[PDF\]](#)

Vendor Contact Information

Manufacturers, brokers and distributors that sell foods and beverages on the list [\[PDF\]](#)

Submitting New Products for Approval

Information required to submit products to the CSDE for review [\[PDF\]](#)

Questions and Answers on Connecticut Statutes

Questions and Answers on Connecticut Statutes for School Foods and Beverages



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
25 Industrial Park Road
Middletown, CT 06457

Revised March 2014

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf

Resources for Healthy Foods and Beverages in Schools

RESOURCES FOR HEALTHY FOODS AND BEVERAGES IN SCHOOLS

This handout summarizes the Connecticut State Department of Education's (CSDE) Web pages and resources to assist schools with implementing the state and federal requirements for competitive foods in schools. "Competitive foods" are all foods and beverages available for sale to students at school separately from reimbursable school meals. Those requirements include:

- Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. Section 10-215e;
- the state competitive foods regulations (Sections 10-215b-1 and 10-215b-2) of the Regulations of Connecticut State Agencies;
- the state beverage requirements under C.G.S. Section 10-221p; and
- the U.S. Department of Agriculture (USDA) Smart Snacks nutrition standards for competitive foods (*National School Lunch Program and School Breakfast Program Nutrition Standards for All Foods Sold in Schools*).



BEVERAGE REQUIREMENTS WEB PAGE

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/alternatieweb.pdf

Allowable Beverage in Connecticut Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/alternatieweb.pdf

Allowable Milk Substitutes:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsp/crediting/milk_sub.pdf

Competitive Foods Web Page:

www.sde.ct.gov/sde/corp/view.asp?a=2626&q=335772

Connecticut Competitive Foods Regulation:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/crefing.pdf

Guide to Competitive Foods in Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf

Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools (CSDE Operational Memorandum 11-14):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opermemo/14/om_11-14.pdf

Requirements for Beverage Containing Water and Juice:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/waterjuiceweb.pdf

Requirements for Beverage in Connecticut Public Schools (PowerPoint Presentation):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverage.ppt

Smart Snacks Nutrition Standards Web Page:

www.sde.ct.gov/sde/corp/view.asp?a=2626&q=335403

Summary of Smart Snacks Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf



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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/resourceshf.pdf

Connecticut's Competitive Foods Regulations

CONNECTICUT COMPETITIVE FOODS REGULATIONS

Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies apply to all Connecticut public schools, private schools and residential child care institutions (RCCIs) that participate in the U.S. Department of Agriculture (USDA) school nutrition programs, e.g., National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) and Special Milk Program (SMP). These state regulations address restrictions for accrual of income, and sale and dispensing of competitive foods to students.

- “Competitive foods” are all foods and beverages available for sale to students on school premises separately from reimbursable school meals. The state competitive foods regulations and USDA Smart Snacks nutrition standards (*National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School*) address sales of competitive foods during the school day. The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) and allowable beverages address sales of competitive foods at all times, except for sales that meet specific exemption criteria.
- “Sale” means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages.
- “School premises” include all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.
- The “school day” is the period from midnight before to 30 minutes after the end of the official school day.



Regulations of Connecticut State Agencies for Competitive Foods

Section 10-215b-1

(a) No school food authority shall permit the sale or dispensing to students of extra food items anywhere on the school premises from thirty minutes prior to the start of any state or federally subsidized milk or food service program until thirty minutes after such program.

(b) “Extra food items” means tea, coffee, soft drinks and candy.

(c) “School food authority” means the governing body which has the legal authority to operate one or more school feeding programs and receive state or federal subsidies for the operation of any such program.

(d) The provisions of this section shall not apply to the Department of Corrections.

(Effective August 25, 1992)

Section 10-215b-23

The income from the sale to students of food items, anywhere on the school premises from 30 minutes prior to the start of any state or federally subsidized milk or food service program until thirty minutes after any such program, shall accrue to the school food authority for the benefit of state or federally subsidized milk or food service programs.

(Effective August 25, 1992)

Some stricter provisions of the C.G.S. and the USDA Smart Snacks nutrition standards require further restrictions. This document summarizes these restrictions. For more information, see the Connecticut State Department of Education’s (CSDE) *Guide to Competitive Foods in Schools*.

HFC PowerPoint Presentation



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/complyhfc.pdf

Fundraiser PowerPoint Presentation

Healthy Food Certification (HFC) FUNDRAISER REQUIREMENTS



Connecticut State Department of Education (CSDE)
Bureau of Health/Nutrition, Family Services and Adult Education

Connecticut State Department of Education • Revised November 2015

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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfc_fund.pdf

CSDE School Nutrition Programs Staff

COUNTY	CONSULTANT
Fairfield County	Fionnuala Brown fionnuala.brown@ct.gov • 860-807-2129
Hartford County	Teri Dandeneau teri.dandeneau@ct.gov • 860-807-2079
Middlesex County Windham County	Susan Alston susan.alston@ct.gov • 860-807-2081
Litchfield County	Allison Calhoun-White allison.calhoun-white@ct.gov • 860-807-2008
New Haven County	Jackie Schipke jackie.schipke@ct.gov • 860-807-2123
New London County Tolland County	Monica Pacheco monica.pacheco@ct.gov • 860-807-2073
Nutrition Education Coordinator	
Susan Fiore	susan.fiore@ct.gov • 860-807-2075



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