

Beverage Requirements for Connecticut Public Schools



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

- This presentation provides general guidance regarding the beverage requirements for public schools under Section 10-215f of the Connecticut General Statutes and the U.S. Department of Agriculture (USDA) Smart Snacks nutrition standards of the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School* (Federal Register, Vol. 81, No. 146, July 29, 2016)
- For specific questions or additional guidance, please contact the Connecticut State Department of Education (see slide 82)



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 state and federal beverage requirements

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

OVERVIEW



State Beverage Requirements

- Apply to **ALL PUBLIC SCHOOLS** regardless of whether they participate in
 - ▶ Healthy Food Certification (HFC) under C.G.S. Section 10-215f
 - OR**
 - ▶ the USDA school nutrition programs
 - National School Lunch Program (NSLP)
 - School Breakfast Program (SBP)
 - Afterschool Snack Program (ASP)
 - Special Milk Program (SMP)

Connecticut Public Schools

All local and regional boards of education and the governing authorities for each state charter school, interdistrict magnet school and endowed academy



State Beverage Requirements

- Apply to **ALL BEVERAGES** sold to students on school premises from all sources including
 - ▶ beverages sold as part of **SCHOOL MEALS**

AND

 - ▶ beverages sold **SEPARATELY** from school meals



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



DEFINITION

Sale

The exchange of 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 beverages



DEFINITION

Sale

Includes programs or activities that charge a **FEE FOR PARTICIPATION** and the fee includes the cost of beverages provided to students during the program or activity



USDA Beverage Requirements

- All beverages sold to students must also comply with the USDA Smart Snacks nutrition standards

The beverage requirements in this presentation include the stricter provisions of Connecticut's beverage statute and the USDA Smart Snacks beverage standards

WHEN does the beverage statute apply?

AT ALL TIMES unless

1. the board of education or governing authority **VOTES** to allow exemptions

AND

2. the beverage sales meet the three exemption criteria



Board Vote

- Beverage exemptions are **NOT** part of the district's annual HFC Statement (ED-099 Addendum)
- Board of education or school governing authority must **VOTE** separately to allow sales of noncompliant beverages



EXEMPTION CRITERIA



Exemption Criteria

- If board votes to allow sales of beverage that do not meet state requirements, they must comply with three 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 beverages are **NOT SOLD** from a vending machine or school store

Regular School Day

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



Sales Must be **AFTER** the School Day

- Noncompliant beverages can only be sold at the location of an **EVENT** held **AFTER** the school day (up until **11:59 PM** the night before)



EXAMPLE: If the school day ends at 3:00 PM, noncompliant beverages can **ONLY** be sold at the location of an event held from **3:31 PM through 11:59 PM**

DEFINITION

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 country
- 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

Location

WHERE the event is being held

LOCATION EXAMPLE

In a school that allows beverage exemptions, lemonade could be sold on the side of the baseball field during a baseball game, but cannot be sold in the school cafeteria while a baseball game is being played on the baseball field



Exemptions Never Allowed

- Cafeteria a la carte sales
- Vending machines
- School stores



All beverages sold from these locations must **ALWAYS** comply with the state beverage statute

ALLOWABLE BEVERAGES



ALLOWABLE BEVERAGES

Five Categories

These requirements include the stricter provisions of the **STATE** beverage requirements and the **USDA SMART SNACKS** beverage standards



MILK

- **Must meet fat and flavor restrictions**
 - ▶ Low-fat (1%) unflavored milk
 - ▶ Lactose-free low-fat (1%) unflavored milk
 - ▶ Nonfat flavored or unflavored milk
 - ▶ Lactose-free nonfat flavored or unflavored milk
- **No more than 4 grams of sugar per fluid ounce**
- **No artificial sweeteners (see slide 27)**



Sweeteners

Ingredients used to sweeten foods and beverages, including natural and artificial

- **NUTRITIVE SWEETENERS** (contain calories) such as sugars and syrups
- **NONNUTRITIVE SWEETENERS** (do not contain calories) such as aspartame, acesulfame potassium, sucralose and stevia

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) <p>** 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)</p>	<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)

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

Examples of Nutritive Sweeteners*

- Agave nectar
- Beet sugar
- Cane sugar
- Corn syrup
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Galactose
- Glucose
- High-fructose corn syrup
- Honey
- Rice syrup
- Sorghum syrup
- Sugar
- Malt syrup
- Molasses

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

NONDAIRY MILK SUBSTITUTES

- **Must meet the USDA standards for nutritionally equivalent milk alternatives (see slide 30)**
 - ▶ **No artificial sweeteners (see slide 27)**
 - ▶ **No more than 4 grams of sugar per fluid ounce**
 - ▶ **No more than 35% of calories from fat**
 - ▶ **No more than 10% of calories from saturated fat**



USDA Nutrition Standards for Milk Substitutes

Nutrients per Cup (8 fluid ounces)

- Calcium: 276 milligrams (mg)
- Protein: 8 grams (g)
- Vitamin A: 500 international units (IU)
- Vitamin D: 100 IU
- Magnesium: 24 mg
- Phosphorus: 222 mg
- Potassium: 349 mg
- Riboflavin: 0.44 mg
- Vitamin B-12: 1.1 micrograms (mcg)

Manufacturer Documentation Required

- Nutrition Facts label does **NOT** provide information on product's compliance with USDA nutrition standards for milk substitutes
- Must obtain manufacturer **DOCUMENTATION**
- To date, no rice or almond nondairy beverages comply with the USDA nutrition standards for milk substitutes
- Compliant soy beverages are included on the CSDE's List of Acceptable Foods and Beverages (see slide 73)

Allowable Milk Substitutions

ALLOWABLE MILK SUBSTITUTIONS FOR NONDISABLED CHILDREN

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

Public schools, private schools, and residential child care institutions (RCCIs) participating in the USDA school nutrition programs must follow the federal requirements for meal accommodations for children without disabilities who cannot drink milk, i.e., children who do not have a life-threatening food allergy to milk. School nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), Seamless Summer Option (SSO) of the NSLP, and Special Milk Program (SMP).

Each school food authority (SFA) has the option to make this accommodation by offering one or more allowable fluid milk substitutes for children without disabilities. If the SFA chooses to make allowable milk substitutions available, they must be available for all students when requested by their parent or guardian. These substitutions are at the expense of the SFA.

The following criteria apply only to milk substitutes for children without disabilities. Dietary accommodations for children with disabilities must continue to follow the USDA requirements specified in the Connecticut State Department of Education's guide, *Accommodating Special Dietary Needs in School Nutrition Programs*.

ALLOWABLE FLUID MILK SUBSTITUTES

SFAs can choose to offer one or more allowable fluid milk substitutes, including:

- lactose-free or lactose-reduced milk that is low-fat (1%) unflavored, fat-free unflavored or fat-free flavored; and
- allowable nondairy beverages such as soy milk that meet the USDA nutrition standards for milk substitutes. For more information, see "USDA Nutrition Standards for Milk Substitutes" on page 2.



SFAs can choose to offer only one milk substitution such as lactose-free low-fat unflavored milk. If students decide not to take this option, the SFA is not obligated to offer any other milk substitutions. SFAs could also choose (but are not required) to offer a second option of a nondairy beverage that meets the USDA nutrition standards for milk substitutes. The USDA recommends that lactose-free or lactose-reduced milk is the first choice for a student who has lactose intolerance.

JUICE AND WATER SUBSTITUTES

Juice and water cannot be offered as milk substitutes for children without disabilities at any time. If a SFA chooses to make milk substitutions available, they can only include either lactose-free or lactose-reduced milk (low-fat unflavored, fat-free unflavored, or fat-free flavored), or a nondairy beverage that meets the USDA nutrition standards for milk substitutes. Lactose-free or lactose-reduced milk and nondairy beverages are the only two options allowed by the USDA as milk substitutions for children without disabilities in school nutrition programs.



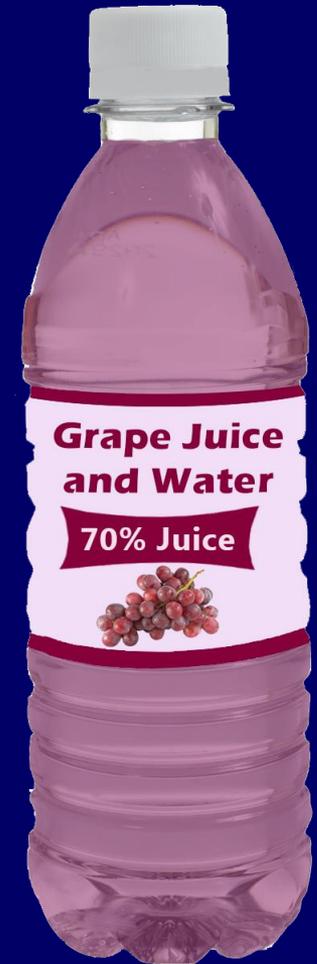
100% JUICE

- Can be fruit juice, vegetable juice or combination
- No added sugars or sweeteners, including nonnutritive artificial and natural sweeteners (see slide 27)



WATER AND JUICE BEVERAGES

- Contain only water mixed with some portion of 100% juice (fruit, vegetable or combination)
- No added sugars or sweeteners, including nonnutritive artificial and natural sweeteners (see slide 27)
- Must meet additional requirements (see slide 35)



Requirements for Beverages Containing Water and Juice

Requirements for Beverages Containing Water and Juice

COMPLYING WITH SECTION 10-221Q OF THE CONNECTICUT GENERAL STATUTES

Section 10-221q of the Connecticut General Statutes specifies five categories of beverages that are allowed for sale to students in public schools, including "beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners." However, no water and juice beverages actually meet the criteria specified in the statute because all currently available products contain additional ingredients besides water and juice, such as natural flavors, vegetable color, vitamin C, and other nutrients.



Based on the intent of the statute to have beverages available in this category, the state committee responsible for revising the Connecticut Nutrition Standards developed specific standards for the category of water and juice beverages in 2008. These standards took effect on July 1, 2009, and are revised by the committee as needed to reflect current nutrition science. They apply to all water and juice beverages sold to students on public school premises including the cafeteria, vending machines, school stores, fundraisers, and any other sources of beverage sales to students.

REQUIREMENTS FOR WATER AND JUICE BEVERAGES

"Water and juice beverages" are beverages that are made with some portion of 100 percent juice mixed with water. To be allowed for sale to students in schools, all water and juice beverages must meet the following criteria:

1. Must contain only water and fruit or vegetable juice and have no added sugars or sweeteners (including artificial, nonnutritive and natural sweeteners, and sugar alcohols).
2. Portion size is limited to 8 fluid ounces for elementary and middle school students and 12 fluid ounces for high school students.
3. No more than 100 percent vitamin C.
4. No more than 10 percent of calcium, potassium, vitamin D, and fiber (e.g., maltodextrin, inulin).
5. No other fortification of vitamins and minerals other than those nutrients listed above.
6. No nutrition supplements such as amino acids (e.g., taurine, glutamine, lysine, and arginine), extracts (e.g., green tea extract and gotu kola extract), and herbs or other botanicals (e.g., ginseng and ginkgo biloba).
7. May contain vegetable or fruit extracts only, used for color or flavor, such as pomegranate extract, beet extract, or red cabbage extract.
8. May contain natural flavors, as defined by the Food and Drug Administration (FDA) food labeling requirements (Title 21 Code of Federal Regulations Section 101.22) and natural colors (such as fruit or vegetable juice).

Beverages that meet these requirements will be listed on the Connecticut State Department of Education (CSDE) [List of Acceptable Foods and Beverages](#).

RATIONALE

National science-based nutrition recommendations, such as the *Dietary Guidelines for Americans*, have a basic premise that nutrients should come primarily from foods. Foods contain not only the vitamins and minerals that are often found in supplements, but also hundreds of naturally occurring substances (such as carotenoids, flavonoids, isoflavones, and protease inhibitors) that may protect against chronic health conditions. Consumption of fortified foods and beverages that are not already nutrient rich does not provide the same health benefits as consuming naturally nutrient-rich food sources, such as fresh fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes.

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REQUIREMENTS FOR BEVERAGES CONTAINING WATER AND JUICE, continued

The Connecticut Nutrition Standards promotes the consumption of needed nutrients through naturally nutrient-rich healthy food choices, not through fortified products that would otherwise have little nutritional value. Significantly fortified products are not approved for use in schools unless they are already nutrient-rich products that are fortified with nutrients at levels based on scientifically documented health needs, such as milk fortified with vitamins A and D, breakfast cereals fortified with iron, orange juice fortified with calcium, soy beverages fortified with calcium, and grain products fortified with folic acid.

The Dietary Guidelines indicates that fortified foods and beverages are only advantageous if they 1) provide additional sources of certain nutrients that might otherwise be present in very low amounts in some food sources; 2) provide nutrients in highly bioavailable forms; or 3) address a documented public health need. Manufacturers often fortify nutrient-poor beverages (such as water and juice beverages) with a variety of vitamins and minerals that do not meet any of these criteria.

The committee allowed water and juice beverages fortified with a small level of calcium, potassium, vitamin D, and fiber because these four nutrients were identified as nutrients of public health concern by the 2010 *Dietary Guidelines*. Since many juices are currently fortified with 100 percent vitamin C, the committee decided to also allow this level in water and juice beverages.

The committee chose not to allow fortification of water and juice beverages with any nutrients that are not based on a documented public health need or that are not commonly found in juice, e.g., niacin, riboflavin, B₆, and B₁₂. The committee also chose not to allow fortification with nutrients that will not be well absorbed by the body in this form, e.g., iron.

RESOURCES

Allowable Beverages in Connecticut Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/ct/allowbev.pdf

Beverage Requirements (CSDE webpage):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&eq=322418

Competitive Foods (CSDE webpage):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&eq=333772

List of Acceptable Foods and Beverages (CSDE webpage):

www.sde.ct.gov/sde/cwp/view.asp?a=2626&eq=322432

Questions and Answers on Connecticut Statutes for School Foods and Beverages:

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



For more information, visit the Connecticut State Department of Education's (CSDE) [Beverage Requirements](#) webpages or contact the school nutrition programs staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103.

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

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PROHIBITED BEVERAGES



PROHIBITED BEVERAGES

- Any products that do not comply with the state beverage statute and Smart Snacks beverage standards
- Can only be sold if **BOARD VOTES** to allow exemptions, and the sales meet the **EXEMPTION CRITERIA** (see slide 16)

- The following slides show examples of prohibited beverages
- These examples are not all-inclusive



SODA

- Regular
- Diet



COFFEE

- Regular
- Decaffeinated
- Herbal
- Iced



TEA

- Regular
- Decaffeinated
- Herbal
- Iced



HOT CHOCOLATE/COCOA

- Regular
- Low-calorie
- Low-sugar



JUICE DRINKS (not 100 percent juice)

DEFINITION

A product resembling juice that contains some portion of full-strength juice with added water (plain or carbonated) and possibly other ingredients, such as sweeteners and flavorings

- Label might indicate “contains juice,” “fruit flavored” or give the percentage of juice, such as “contains 15% juice”
- Might be labeled drink, beverage, cooler, cocktail, “ade” (e.g., lemonade, limeade), nectar or punch

Examples of Juice Drinks *

- Cranberry cocktail
- Fruit nectars
- Fruit punch drinks
- Grape juice drink
- Lemonade
- Limeade
- Orange juice drink
- Pineapple-grapefruit beverage



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

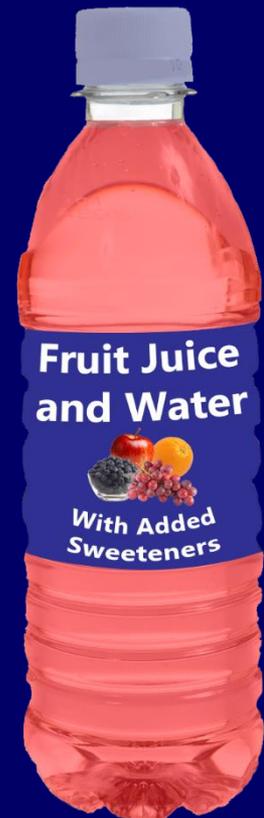
100% JUICE WITH ADDED SWEETENERS

- 100 percent juice (with or without carbonation) with **ADDED SWEETENERS**, including nonnutritive artificial and natural sweeteners (see slides 27-28)



WATER/JUICE BEVERAGES WITH ADDED SWEETENERS

- Beverages containing 100% juice diluted with water (with or without carbonation) with **ADDED SWEETENERS**, including nonnutritive artificial and natural sweeteners (see slides 27-28)



MILK

■ Milk that does not meet fat and flavor restrictions

- ▶ Reduced-fat (2%)
- ▶ Lactose-free reduced-fat (2%)
- ▶ Whole
- ▶ Lactose-free whole
- ▶ Flavored low-fat (1%)
- ▶ Lactose-free flavored low-fat (1%)



■ Milk that contains artificial sweeteners (see slide 27)

NONDAIRY MILK SUBSTITUTES

Any products that do NOT meet the USDA nutrition standards for fluid milk substitutes (see slide 30) such as

- soy milk
- rice milk
- almond milk
- cashew milk



ENERGY DRINKS

■ Energy drinks

Energy drinks often contain high amounts of caffeine, sugar and other ingredients like supplements, and are associated with serious adverse effects in children and adolescents



WATERS WITH ADDED SWEETENERS

- Waters (with or without carbonation) with **ADDED SWEETENERS** (see slide 28)
- Waters (with or without carbonation) with **CALORIE-FREE NONNUTRITIVE SWEETENERS**, either artificial and natural (see slide 27)



The following eight slides show examples of waters that contain added sweeteners, and therefore do not comply with the state beverage statute

Fruit 2O Flavored Sparkling Beverage, Sunny Delight Beverages Co

Contains 3% juice

INGREDIENTS: Carbonated water, contains less than 2% of strawberry juice concentrate, natural flavor, citric acid, malic acid, potassium citrate, **SUCRALOSE**, calcium disodium EDTA (to protect flavor), potassium benzoate (to ensure freshness, red 40.

Contains sucralose (artificial nonnutritive sweetener)



Propel Fitness Water, Stokely-Van Camp, Inc

INGREDIENTS: water, citric acid, sodium hexametaphosphate (to protect flavor), natural flavor, potassium sorbate (preserves freshness), ascorbic acid (vitamin C), **SUCRALOSE**, sodium citrate, **ACESULFAME POTASSIUM**, niacinamide (vitamin B3), calcium disodium EDTA (to protect flavor), vitamin e acetate, calcium pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6)

Contains sucralose and acesulfame potassium (artificial nonnutritive sweeteners)



Sonu Water (10 calories)

INGREDIENTS: Filtered water, **ORGANIC AGAVE SYRUP**, organic and natural flavors, organic vegetable extract for color, citric acid, ascorbic acid, niacin (B3), pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), palm carotene (source of vitamin A), electrolytes (potassium carbonate, calcium chloride, magnesium chloride)

**Contains organic agave syrup
(nutritive sweetener)**



Sonu Water (25 calories)

INGREDIENTS: Filtered water, **ORGANIC EVAPORATED CANE JUICE**, organic and natural flavors, citric acid, niacin (B3), pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), palm carotene (source of vitamin A), electrolytes (potassium carbonate, calcium chloride, magnesium chloride)

Contains organic evaporated cane juice (nutritive sweetener)



Sonu Water (45 calories)

INGREDIENTS: Filtered water, **EVAPORATED CANE JUICE**, organic and natural flavors, citric acid, niacin (B3), pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), palm carotene (source of vitamin A), electrolytes (potassium carbonate, calcium chloride, magnesium chloride)



**Contains organic evaporated
cane juice (nutritive sweetener)**

Glaceau Vitamin Water, Coca-Cola

INGREDIENTS: Reverse osmosis water, **CRYSTALLINE FRUCTOSE, CANE SUGAR**, less than 0.5% of: vitamin C (ascorbic acid), citric acid, natural flavors, vegetable juice (color), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), taurine, vitamin B5 (calcium pantothenate), zinc gluconate, vitamin B6 (pyridoxine hydrochloride), vitamin B12 (cyanocobalamin), chromium polynicotinate



Contains crystalline fructose and cane sugar (nutritive sweeteners)

Glaceau Vitamin Water Zero, Coca-Cola

INGREDIENTS: Reverse osmosis water, less than 1% of: **ERYTHRITOL**, citric acid, calcium phosphate, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), gum acacia, phosphoric acid, vitamin C (ascorbic acid), **STEVIA LEAF EXTRACT**, natural flavors, zinc gluconate, glycerol ester of rosin, vitamin B5 (calcium pantothenate), vitamin E (alpha-Tocopheryl acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A palmitate

Contains erythritol (sugar alcohol nonnutritive sweetener) and stevia leaf extract (natural nonnutritive sweetener)



Karma Wellness Water

INGREDIENTS: Spring water (includes coconut), **STEVIA REBAUDIANA LEAF EXTRACT, CANE SUGAR, ERYTHRITOL**, gum arabic, citric acid, ascorbic acid (vitamin C), D-calcium pantothenate (vitamin B5), niacinamide (vitamin B3), D-alpha-tocopheryl acetate (vitamin E), vitamin A palmitate (vitamin A), pyridoxine hydrochloride (vitamin B6), green tea leaf extract, panax ginseng root extractives, yerba mate (*ilex paraguariensis*) leaf extractives, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12)

Contains stevia rebaudina leaf extract (natural nonnutritive sweetener), cane sugar (nutritive sweetener) and erythritol (sugar alcohol nonnutritive sweetener)



SPORTS DRINKS

- Regular
- Low-calorie
- Zero calorie

Sports drinks are water with **ADDED SWEETENERS** (see slides 26 and 50) and other ingredients

The following six slides show examples of sports drinks



Gatorade Thirst Quencher Sports Drink (80 calories)

INGREDIENTS: water, **SUGAR**, **DEXTROSE**, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, gum arabic, sucrose acetate isobutyrate, glycerol ester of rosin, yellow 6

**Contains sugar and dextrose
(nutritive sweeteners)**



Gatorade Thirst Quencher Low-calorie Sports Drink (30 calories)

INGREDIENTS: water, **SUGAR**, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, **SUCRALOSE**, **ACESULFAME POTASSIUM**, yellow 5, red 40

Contains sugar (nutritive sweetener), sucralose (artificial nonnutritive sweetener) and acesulfame potassium (artificial nonnutritive sweetener)



Powerade Sports Drink (80 calories)

INGREDIENTS: water, **high fructose corn syrup**, less than 0.5% of: citric acid, natural flavors, salt and magnesium chloride and calcium chloride and mono-potassium phosphate (electrolyte sources), modified food starch, glycerol ester of rosin, calcium disodium EDTA (to protect color), medium chain triglycerides, vitamin B3 (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B12, red 40, ascorbic acid (to protect taste)

**Contains high fructose corn syrup
(nutritive sweetener)**



Powerade Zero Sports Drink (80 calories)

INGREDIENTS: water, less than 1% of: citric acid, salt and mono-potassium phosphate and magnesium chloride and calcium chloride (electrolyte sources), natural flavors, **SUCRALOSE, ACESULFAME POTASSIUM**, vitamin B3 (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B12, yellow 5, yellow 6, ascorbic acid (to protect taste), calcium disodium EDTA (to protect color)

Contains sucralose and acesulfame potassium (artificial nonnutritive sweeteners)



V8 Splash Soar Sports Hydration Drink (50 calories)

Contains 5% juice

INGREDIENTS: water, **SUGAR**, carrot juice concentrate, purple carrot juice concentrate (for color), citric acid, natural flavoring, salt, sour red cherry juice concentrate, vitamin C (ascorbic acid), beta carotene for color, pomegranate juice concentrate

Contains sugar (nutritive sweetener)



Aspire Natural Sports Drink (35 calories)

INGREDIENTS: Pure water, **PURE CANE SUGAR**, **ERYTHRITOL**, natural flavors, calcium lactate, citric acid, sea salt, sodium citrate, monopotassium phosphate, niacin (vitamin B3), **STEVIA EXTRACT (REBAUDIOSIDE A)**, monk fruit extract, pantothenic acid (vitamin B5), zinc lactate, goji extract, vitamin B6 and vitamin B12

Contains pure cane sugar (nutritive sweetener), erythritol (sugar alcohol nonnutritive sweetener) and stevia extract (natural nonnutritive sweetener)



ADDITIONAL BEVERAGE REQUIREMENTS



State Competitive Foods Regulations

Section 10-215b-23 *Income from the sale of food items*

- Any income from the sale of foods and beverages to students anywhere on school premises from **30 MINUTES BEFORE UNTIL 30 MINUTES AFTER** any state or federally subsidized nutrition program* must accrue to the **SCHOOL FOOD SERVICE PROGRAM**

* School nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) and Special Milk Program (SMP)

Connecticut 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 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*.

RESOURCES



Allowable Beverages

ALLOWABLE BEVERAGES IN CONNECTICUT PUBLIC SCHOOLS

The restrictions for beverage sales to students in Connecticut public schools are mandated by Section 10-221q of the Connecticut General Statutes (C.G.S.) and the Smart Snacks nutrition standards in the U.S. Department of Agriculture (USDA) final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HRFKA of 2010* (Federal Register, Vol. 81, No. 146, July 29, 2016).

- “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. This includes any activities that suggest a student donation in exchange for foods and beverages.
- “Public schools” include regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies.



The state beverage statute applies to beverages sold to students at all times as part of school meals and separately from school meals anywhere on school premises, such as cafeterias, vending machines, school stores and fundraisers. It also applies to all public schools regardless of whether they participate in the USDA school nutrition programs or Connecticut’s Healthy Food Certification (HFC) under C.G.S. Section 10-215f. The requirements below include the stricter provisions of the state beverage statute and the USDA Smart Snacks beverage standards.

BEVERAGE CATEGORIES

Five categories of beverages are allowed for sale to students in Connecticut public schools. Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for water, which is unlimited.

Beverages Allowed by C.G.S. Section 10-221q	
<ul style="list-style-type: none"> ■ Milk, low-fat (1%) unflavored and nonfat flavored or unflavored, with no more than 4 grams of sugar per fluid ounce and no artificial sweeteners. ¹ ■ Nondairy milk substitutes such as soy or rice milk (flavored or unflavored) that comply with the USDA nutrition standards for nutritionally equivalent milk alternatives ², and contain no artificial sweeteners ¹, no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat and no more than 10 percent of calories from saturated fat. ■ 100 percent juice (fruit, vegetable or combination), containing no added sweeteners. ¹ 	<ul style="list-style-type: none"> ■ Beverages that contain only water and fruit or vegetable juice with no added sweeteners ¹ and that meet the requirements specified in the CSDE’s handout, <i>Requirements for Beverages Containing Water and Juice</i>. ■ Water (plain or carbonated), which may be flavored but contains no added sweeteners or caffeine. ¹
<p>¹ Sweeteners include nutritive (caloric) sweeteners (e.g., sugar, sucrose, honey, fruit juice concentrate and high fructose corn syrup) and nonnutritive sweeteners without calories. Nonnutritive sweeteners include artificial sweeteners (e.g., acesulfame potassium, aspartame, and sucralose), “natural” sweeteners such as stevia (e.g., Rebiana, Reb A, Truvia, PureVia, and SweetLeaf), and sugar alcohols (e.g., sorbitol, mannitol, maltitol, and erythritol).</p> <p>² For information on the USDA’s nutrition standards for nondairy milk substitutes, see the CSDE’s handout, <i>Allowable Milk Substitutes for Nonlactating Children</i>.</p>	

Beverage Requirements Web Page

STATE AND FEDERAL BEVERAGE REQUIREMENTS FOR SCHOOLS

[Section 10-221q](#) of the Connecticut General Statutes (C.G.S.) governs beverages sold to students in public schools at all times. It applies to beverages sold as part of school meals and separately from school meals anywhere on school premises, such as cafeteria sales, school stores, vending machines, fundraisers and any other locations where beverages are sold.



The U.S. Department of Agriculture (USDA) [Smart Snacks](#) nutrition standards apply to beverages sold to students separately from school meals during the school day on school premises, e.g., cafeteria a la carte sales, school stores, vending machines, fundraisers and any other locations where beverages are sold. It applies to public schools, private schools and residential child care institutions (RCCIs) that participate in the USDA school nutrition programs, e.g., National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) and Special Milk Program (SMP).

Private schools and RCCIs must comply with Smart Snacks. Public schools must comply with Smart Snacks and the stricter provisions of Connecticut's beverage statute. All schools and institutions that participate in the USDA school nutrition programs must also comply with the [state competitive foods regulations](#) (Sections 10-215b-1 and 10-215b-23). The resources below provide guidance on the state and federal beverage requirements for all schools and institutions.

- [Comparison Chart: USDA Smart Snacks Standards and Connecticut Nutrition Standards](#) (PDF)
- [Competitive Foods](#) (CSDE Web Page)
- Connecticut Competitive Foods Regulations (Sections 10-215b-1 and 10-215b-23)
 - [Regulations](#) (PDF)
 - [Handout](#) (PDF)
- [Guide to Competitive Foods in Schools](#) (PDF)
- [List of Acceptable Foods and Beverages](#)
Includes beverages that comply with the state beverage statute and USDA Smart Snacks
- [CSDE Operational Memorandum 11-14](#): Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools (PDF)
- [Smart Snacks](#) (CSDE Web Page)
- [Summary of Smart Snacks Nutrition Standards](#) (PDF)

List of Acceptable Food and Beverages Web Page

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)

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

Guide to Competitive Foods in Schools



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.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
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Revised February 2017

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

Food and Beverage Requirements for Vending Machines

Food and Beverage Requirements for Vending Machines

PUBLIC SCHOOLS CHOOSING HEALTHY FOOD CERTIFICATION

This document summarizes the requirements for the sale of foods and beverages to students from vending machines in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). "Sale" means the exchange of foods and beverages for a determined amount of money or its equivalent, including tickets, coupons, tokens, and similar items. This includes any activities that suggest a student donation in exchange for foods and beverages.



- The requirements for foods sold in school stores are governed by the Connecticut Nutrition Standards (CNS) of C.G.S. Section 10-215e, the state competitive foods regulations (Section 10-215b-23 of the Regulations of Connecticut State Agencies) and the state requirement to sell healthy food choices (C.G.S. Section 10-221p).
- The requirements for beverages sold in school stores are governed by the state beverage requirements (C.G.S. Section 10-221q) 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 School as Required by the HHFKA of 2010* (Federal Register, Vol. 81, No. 146, July 29, 2016).

These federal and state laws determine what foods and beverages can be sold from vending machines in HFC districts, and the time frame in which vending machines can operate.

ALLOWABLE FOODS

All foods sold to students from vending machines must comply with the CNS at all times. Foods that do not comply with the CNS can never be sold from vending machines. The state HFC statute (C.G.S. Section 10-215f) specifically prohibits food exemptions for vending machines. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Summary of Connecticut Nutrition Standards*, available on the CSDE's Connecticut Nutrition Standards webpage.

ALLOWABLE BEVERAGES

All beverages sold to students from vending machines must comply with the Smart Snacks beverage standards and the stricter provisions of the state beverage statute (C.G.S. Section 10-221q). The Smart Snacks standards apply only to beverages sold to students during the school day. The state beverage statute applies to beverages sold to students at all times, regardless of whether public schools participate in the USDA school nutrition programs. Beverages that do not comply with C.G.S. Section 10-221q can never be sold from vending machines. The state beverage statute specifically prohibits beverage exemptions for vending machines. For more information on the beverage requirements, see the CSDE's



Food and Beverage Requirements for School Stores

Food and Beverage Requirements for School Stores

PUBLIC SCHOOLS CHOOSING HEALTHY FOOD CERTIFICATION

This document summarizes the requirements for the sale of foods and beverages to students from school stores in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). "Sale" means the exchange of foods and beverages for a determined amount of money or its equivalent, including tickets, coupons, tokens, and similar items. This includes any activities that suggest a student donation in exchange for foods and beverages.



- The requirements for foods sold in school stores are governed by the Connecticut Nutrition Standards (CNS) (C.G.S. Section 10-215e, the state competitive foods regulations (Section 10-215b-23 of the Regulations of Connecticut State Agencies), and the state requirement to sell healthy food choices (C.G.S. Section 10-221p).
- The requirements for beverages sold in school stores are governed by the state beverage requirements (C.G.S. Section 10-221q) 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 School as Required by the HHFCA of 2010* (Federal Register, Vol. 81, No. 146, July 29, 2016).

These federal and state laws determine what foods and beverages can be sold from school stores in HFC districts, and the time frame in which school stores can operate.

ALLOWABLE FOODS

All foods sold to students from school stores must comply with the CNS at all times. Foods that do not comply with the CNS can never be sold from school stores. The state HFC statute (C.G.S. Section 10-215f) specifically prohibits food exemptions for school stores. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Summary of Connecticut Nutrition Standards*, available on the CSDE's [Connecticut Nutrition Standards](#) webpage.

ALLOWABLE BEVERAGES

All beverages sold to students from school stores must comply with the Smart Snacks beverage standards and the stricter provisions of the state beverage statute (C.G.S. Section 10-221q). The Smart Snacks standards apply only to beverages sold to students during the school day. The state beverage statute applies to beverages sold to students at all times, regardless of whether public schools participate in the USDA school nutrition programs. Beverages that do not comply with C.G.S. Section 10-221q can never be sold from school stores. The state beverage statute specifically prohibits beverage exemptions for school stores. For more information on the beverage requirements, see the CSDE's handouts, *Allowable Beverages in Connecticut Public Schools* and *Summary of Smart Snacks Nutrition Standards*, the CSDE's [Beverage Requirements](#) webpage.

The CSDE's *Guide to Competitive Foods in Schools* provides detailed information on how the state and federal requirements apply to specific categories of foods and beverages. The CSDE's *List of Acceptable Foods and Beverages* identifies foods and beverages that comply with all state and federal requirements.

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Food and Beverage Requirements for Fundraisers

Food and Beverage Requirements for Fundraisers

PUBLIC SCHOOLS CHOOSING HEALTHY FOOD CERTIFICATION

This document summarizes the requirements for food and beverage fundraisers in public schools that choose to implement Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.). “Fundraisers” are any activities during which money or its equivalent (such as tickets, coupons, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation for foods and beverages, since funds may be raised as a result.



- The requirements for food fundraisers in public schools are governed by the Connecticut Nutrition Standards (CNS) of C.G.S. [Section 10-215e](#), the state competitive foods regulations (Section 10-Guide to 215b-23 of the Regulations of Connecticut State Agencies) and the state requirement to sell healthy food choices (C.G.S. [Section 10-221p](#)).
- The requirements for beverage fundraisers in public schools are governed by the state beverage requirements of C.G.S. [Section 10-221q](#) 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 School as Required by the HHFKA of 2010* (Federal Register, Vol. 81, No. 146, July 29, 2016).

These federal and state laws apply to all fundraising activities conducted on school premises by school-related organizations (such as student clubs, sports teams, and music programs) and outside organizations not affiliated with the school, such as scouting programs and other youth-based community organizations.

FOOD FUNDRAISERS

All foods sold to students in HFC public schools must comply with the CNS, including fundraisers using commercial products such as potato chips, candy bars, frozen cookie dough and muffin mix, and fundraisers using foods made from scratch such as baked goods, popcorn, sandwiches, and smoothies. Foods that do not comply with the CNS can only be sold to students if the local board of education or school governing authority votes to allow exemptions and the food sales meet the specific exemption criteria (see “Food and Beverage Exemptions”). For more information, see the Connecticut State Department of Education’s (CSDE) handout, *Summary of Connecticut Nutrition Standards*, and the CNS webpage.

BEVERAGE FUNDRAISERS

All beverages sold to students as fundraisers must comply with Smart Snacks and the stricter provisions of the state beverage statute (C.G.S. [Section 10-221q](#)). The Smart Snacks standards apply only to beverages sold to students during the school day. The state beverage statute applies to beverages sold to students at all times, regardless of whether public schools participate in the USDA school nutrition programs. Beverages that do not comply with the state beverage statute can only be sold to students if the local board of education or school governing authority votes to allow exemptions and the beverage sales meet the specific exemption criteria (see “Food and Beverage Exemptions”). For more information, see the CSDE’s handouts, *Allowable Beverages in Connecticut Public Schools* and *Summary of Smart Snacks Nutrition Standards*, and the Beverage Requirements webpage.

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Healthy Fundraising

HEALTHY FUNDRAISING



Promoting a Healthy School Environment

Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

Benefits of Healthy Fundraising

- ▶ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ▶ **Provides Consistent Messages:** Fundraising with nonfood items and healthy foods demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.
- ▶ **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.¹ Between 1980 and 2004, obesity tripled among children and adolescents.² Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.³ Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.⁴

Consequences of Unhealthy Fundraising

- ▶ **Compromises Classroom Learning:** Selling unhealthy foods contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.
- ▶ **Promotes the Wrong Message:** Selling unhealthy foods promotes the message that schools care more about making money than student health. Schools would never raise money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.



- ▶ **Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.

Fundraisers Must Meet State Requirements

- Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or meal program until 30 minutes after the end of the program. Section 10-215b-23 specifies that income from the sale of any foods or beverages anywhere on school premises during this time frame must accrue to the food service account.
- Section 10-221p of the Connecticut General Statutes (C.G.S.), requires that at all times when food is available for purchase by

students during the regular school day, nutrition and low-fat foods must also be available for sale. For additional guidance, see *Questions and Answers on Connecticut Statutes for School Food and Beverages* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.

- C.G.S. Section 10-221q specifies that all beverages sold in public schools must comply with specific requirements. For more information, see *Beverage Requirements* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>.
- Districts that participate in healthy food certification under C.G.S. Section 10-215f

must ensure that all food fundraisers meet state requirements. For more information, see *Fundraising with Foods and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraising.pdf>.

- Consult the district's school wellness policy, as there may be stricter local requirements regarding food and beverage sales.
- For more information on Connecticut's requirements for foods and beverages, see the Connecticut State Department of Education Web site (School Foods and Beverages page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>.

IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES*

Schools can help promote a healthy learning environment by using healthy fundraising alternatives.

Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books
- Brick/stone/tile memorials
- Buttons, pins
- Candles
- Coffee cups or mugs
- Crafts
- Compton books (nonfood items)
- Emergency kits for cars
- First aid kits
- Flowers, bulbs, plants
- Foot warmers
- Football seats
- Garden seeds
- Gift baskets (nonfood items)
- Gift certificates (nonfood items)
- Gift items
- Gift wrap, boxes and bags
- Graduation tickets
- Greeting cards
- Hats
- Holiday ornaments
- Holiday wreaths
- House decorations
- Jewelry
- Magazine subscriptions
- Monograms
- Music, CDs, DVDs
- Newspaper space, ads
- Parking spot (preferred location)
- Pet treats/toys/accessories
- Plants
- Phone cards
- Raffle donations (nonfood items)
- Raffle extra graduation tickets
- Raffle front row seats at a special school event
- Rent a special parking space
- Scarves
- School art drawings
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Foot warmers
- Stationery
- Student directories
- Stuffed animals
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

Healthy Foods

- Fresh fruit
- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Trail mix

Sell Custom Merchandise

- Banner stickers and decals
- Calendars
- Cookbook of healthy recipes made by school
- Flying discs with school logo
- License plates or holders with school logo
- Logo air fresheners
- School spirit gear
- T-shirts/sweatshirts

Activities Supporting Academics

- Read-A-Thon
- Science Fair
- Spelling Bee

Things You Can Do

- Auction
- Bike-a-thon
- Bowling night/bowl-a-thon
- Car wash (presell tickets as gifts)
- Carnivals/festivals
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thon
- Magic show

- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Singing telegrams
- Skate night/skate-a-thon
- Tag sale, garage sale
- Talent shows
- Tennis/horsethoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thon
- Workshops/classes



*Adapted from California Project Lead, California Department of Health Services, (2010). *Create, Finance, and Fund Fundraising*. Retrieved on October 6, 2011 from http://www.co.ohio.us/cas/HHS/CommunityPartners/Creative_Fundraising.pdf.

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>

Healthy School Environment Resource List. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hs_e_resource_list.pdf

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Connecticut State Department of Education • February 2005 (Revised November 2011)

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