

Questions and Answers on Connecticut Statutes for School Foods and Beverages

This handout provides the answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes (CGS) regarding foods and beverages in schools. These statutes include:

- Section 10-215a. *Nonpublic school and nonprofit agency participation in feeding programs.*
<http://cga.ct.gov/2009/pub/chap169.htm#Sec10-215a.htm>
- Section 10-215b. *Duties of State Board of Education re feeding programs.*
<http://cga.ct.gov/2009/pub/chap169.htm#Sec10-215b.htm>
- Section 10-215e. *Nutrition standards for food that is not part of lunch or breakfast program.*
<http://cga.ct.gov/2009/pub/chap169.htm#Sec10-215e.htm>
- Section 10-215f. *Certification that food meets nutrition standards.*
<http://cga.ct.gov/2009/pub/chap169.htm#Sec10-215f.htm>
- Section 10-221p. *Boards to make available for purchase nutritious and low-fat foods.*
<http://cga.ct.gov/2009/pub/chap170.htm#Sec10-221p.htm>
- Section 10-221q. *Sale of beverages.*
<http://cga.ct.gov/2009/pub/chap170.htm#Sec10-221q.htm>

Implementation of these statutes was effective July 1, 2006.

Most questions regarding the state statutes on foods and beverages can be answered by reviewing this document. The Connecticut State Department of Education (CSDE) encourages districts to contact the Bureau of Health/Nutrition, Family Services and Adult Education with any additional questions on healthy food certification, the state beverage requirements and the Connecticut Nutrition Standards. Questions can be directed to:

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For additional information, visit the CSDE's School Foods and Beverages Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>.

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Glossary

a la carte items: Any food or beverage that students purchase in addition to or in place of the U.S. Department of Agriculture (USDA) reimbursable school breakfast or lunch. A la carte items include, but are not limited to, food and beverages sold in the cafeteria serving lines, a la carte lines, kiosks, vending machines, school stores and snack bars located anywhere on school grounds.

competitive foods: All foods and beverages sold in schools except for meals provided through the National School Lunch Program and School Breakfast Program. Competitive foods include a la carte sales in the cafeteria, vending machines, school stores, snack bars and any other sources of food and beverages sold to students

Connecticut Nutrition Standards: State nutrition standards developed by the Connecticut State Department of Education in response to section 10-215e of the Connecticut General Statutes. These standards address the nutritional content of all foods sold to students separately from a USDA reimbursable school lunch or breakfast. They focus on limiting fat, saturated fats, trans fats, sodium and sugars, moderating portion sizes and increasing consumption of nutrient-rich foods, such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. All schools in any district that chooses to comply with healthy food certification under Section 10-215f of the Connecticut General Statutes must follow the Connecticut Nutrition Standards for all sources of food sales to students, including school cafeterias, vending machines, school stores, fundraising activities on school premises and any other sources. For more information, see the CSDE Connecticut Nutrition Standards Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>.

event: An occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and interscholastic debates are events but soccer practices, play rehearsals and debate team meetings are not. Other examples of events include a school science fair, PTA/PTO bingo night or craft fair, school concert and school dance.

healthy food certification: A state statute (CGS section 10-215f) that requires each board of education or governing authority for all public schools participating in the National School Lunch Program (NSLP) to certify annually to the Connecticut State Department of Education (CSDE) whether they will follow the Connecticut Nutrition Standards for all foods sold to students separately from a reimbursable school breakfast or lunch in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. The Connecticut Nutrition Standards apply to all a la carte foods offered for sale to students at all times, in all schools and from all sources including school stores, vending machines, school cafeterias, fundraising activities on school premises and any other sources of food sales. Districts that choose to implement the Connecticut Nutrition Standards receive 10 cents per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year. For more information, see the CSDE Healthy Food Certification Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420>.

National School Lunch Program (NSLP): The U.S. Department of Agriculture's federally assisted meal program operating in public and nonprofit private schools and residential child care institutions (RCCIs). The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. <http://www.fns.usda.gov/cnd/lunch/>

reimbursable school meal: A meal that meets the requirements of the U.S. Department of Agriculture's National School Lunch Program or School Breakfast Program.

regular school day: The period that begins with the arrival of the first child at school and ends after the last instructional period. If a school district has its own definition (e.g., the school day ends 30 minutes after the last instructional period), the local definition can apply.

GLOSSARY AND ABBREVIATIONS

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sales of foods and beverages: The exchange of foods and beverages for a determined amount of money *or its equivalent*, including tokens, coupons, stickers or similar items.

School Breakfast Program (SBP): The U.S. Department of Agriculture's federally assisted breakfast program operating in public and nonprofit private schools and residential child care institutions (RCCIs). The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day.

<http://www.fns.usda.gov/cnd/breakfast/>

school-made foods: School-made foods include items that are 1) prepared from scratch using a recipe ,e.g., entrees, soup, baked goods, cooked grains, vegetables; or 2) require some additional processing by adding other ingredients after purchasing, e.g., popping popcorn kernels with added oil, making cookies from a mix and adding butter and eggs, and assembling a sandwich. Before they can be sold to students, these foods require a nutrient analysis of the recipe to determine whether they meet the Connecticut Nutrition Standards. For more information, see the CSDE Evaluating Food for Compliance Web page at

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

school wellness policy: A federal requirement under the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) which required that public school districts participating in the USDA child nutrition programs (e.g., National School Lunch Program, School Breakfast Program, After-School Snack Program and Special Milk Program) establish a local wellness policy by the first day of the 2006-07 school year. Among other things, the policy must include nutrition guidelines for all foods available at school during the school day, with the objectives of promoting student health and reducing childhood obesity.

Abbreviations

CGS	Connecticut General Statutes
CSDE	Connecticut State Department of Education
FMNV	Foods of Minimal Nutritional Value
NSLP	National School Lunch Program
SBP	School Breakfast Program
USDA	United States Department of Agriculture

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1 — Beverages (CGS Section 10-221q)

Compliance with this statute is required for all public schools regardless of whether the district participates in the U.S. Department of Agriculture's Child Nutrition Programs or implements healthy food certification under section 10-215f of the Connecticut General Statutes (CGS).

Requirements for Beverages

1. What are the requirements of CGS section 10-221q regarding beverages?

CGS section 10-221q applies to *all public schools*, regardless of whether they have chosen to implement healthy food certification under CGS section 10-215f and regardless of whether they participate in the U.S. Department of Agriculture (USDA) Child Nutrition Programs (National School Lunch Program, School Breakfast Program, After-School Snack Program and Special Milk Program). This statute specifies that only five categories of beverages can be sold to students in public schools, including the regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies. The five allowable categories are:

1. *Milk (flavored or plain)* with no more than 4 grams of sugar per fluid ounce and no artificial sweeteners.
2. *Nondairy milks such as soy or rice milk*, which may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat per portion and no more than 10 percent of calories from saturated fat per portion.
3. *100 percent fruit juice, vegetable juice or combination of such juices*, containing no added sugars, sweeteners (including nonnutritive sweeteners) or artificial sweeteners;
4. *Beverages that contain only water and fruit or vegetable juice* and have no added sugars, sweeteners (including nonnutritive sweeteners) or artificial sweeteners. These beverages must also meet the requirements specified in *Requirements for Beverages Containing Water and Juice* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Water_Juice_Beverages.pdf.
5. *Water*, which may be flavored but contains no added sugars, sweeteners (including nonnutritive sweeteners), artificial sweeteners or caffeine.

Portion sizes of allowable beverages are limited to no more than 12 fluid ounces, with the exception of water.

CGS section 10-221q applies to all sources of beverage sales, including school cafeterias, school stores, vending machines, fundraising activities on school premises and any other sources of beverage sales to students. Examples of other sources include culinary arts programs, family and consumer sciences classes, recipient schools under interschool agreements (see Q-42), Seamless Summer Food Programs and Summer Food Service Programs operated by board of education, After-School Snack Program, summer school programs (e.g., enrichment or exploratory) operated by board of education (see Q-15 and Q-82) and adult education programs operated by board of education (see Q-5, Q-65 and Q-66).

2. What is the relationship between the beverage statute and the existing state competitive food regulation (sections 10-215b-1 and 10-215b-23)?

Connecticut's competitive food regulations apply only to those schools that participate in the federally funded USDA Child Nutrition Programs (National School Lunch Program, School Breakfast Program, After-School Snack Program and Special Milk Program). Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing tea, coffee, soft drinks and candy (including breath mints and sugarless candy) to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program. However, effective July 1, 2006, CGS section 10-221q completely eliminates the sale of tea, coffee and soft drinks to students in all public schools, therefore it supersedes the time frame previously allowed by section 10-215b-1. In addition, section 10-215b-23 specifies that the income from the sale of any

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foods and beverages sold or distributed anywhere on school premises during this same time frame must accrue to the food service account. For more information, see *Competitive Foods in Schools* at <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>.

- 3. The district operates a fee-based sports program or after-school activity that includes a beverage. Students must pay a fee to participate in the program and the fee includes the cost of providing the beverage. Do the beverages have to comply with CGS section 10-221q?**

Yes. The cost of providing the beverages to the students is included in the fee for the program so the beverage is being sold to students.

- 4. Can schools continue to operate a soda machine in the teachers' lounge?**

Yes. The statute applies only to the sale of beverages to *students*. Schools can sell any beverages that are not allowed by CGS section 10-221q (such as soda, sports drinks, coffee and tea) to teachers and other school staff members as long as they are *not accessible to students*, e.g., a soda machine in teachers' lounge or coffee sold only to adults in the cafeteria. However, the CSDE encourages districts to consider this issue in relation to the promotion of staff wellness practices and the district's school wellness policy (see Q-32).

Note: CGS section 10-221q does apply to the sale of beverages in adult education programs under the jurisdiction of the board of education (see Q-5).

- 5. An adult education program is operated under the jurisdiction of the board of education but is not located on school grounds. Can the adult education program operate a vending machine that dispenses soda or any other beverages that do not meet the requirements of CGS Section 10-221q?**

No. The statute does not define students as being of a particular age, nor does it distinguish between regular and adult education programs. Therefore, any beverages sold in an *adult education program under the local or regional board of education's jurisdiction* must comply with CGS section 10-221q.

The statute applies only to the sale of beverages that are *under the control of the adult education program*. If the school district rents, leases or borrows building space for an adult education program and the building owner maintains any sources of beverage sales (e.g., vending machines), they are *not* required to comply with the state beverage requirements. For more information, see *Requirements for Selling Food and Beverages in Adult Education Programs* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Letter_1031.pdf.

- 6. What are the consequences of noncompliance, i.e., schools sell beverages that are not allowed by CGS section 10-221q?**

The board of education or school governing authority is responsible for certifying compliance with all Connecticut education statutes that are applicable to public schools, including CGS section 10-221q. Districts that are not in compliance with the state education statutes risk jeopardizing their public school funding.

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Exemptions for Beverages

- 7. Can schools ever sell any beverages to students that are not listed in CGS section 10-221q?**

Yes, however, beverages that are not allowed by CGS section 10-221q can *only* be sold to students at school *if permitted* by the board of education or school governing authority *and* the following three 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 beverages are *not sold from a vending machine or school store*. (See definitions of "event" and "regular school day" in the Glossary.) The board of education or governing authority must *take action* (i.e., vote) to permit the sale of these other beverages before they can be sold to students. The exemption for the sale of beverages can be general (i.e., any beverages are allowed if the three conditions are met) or specific (i.e., only certain types of beverages are allowed if the three conditions are met). This decision is made by the local school district.

- 8. Is the board of education or governing authority required to vote on beverage exemptions every year?**
 No. The board of education or governing authority can choose to make beverage exemptions part of district policy. If beverage exemptions are made as part of district policy, the policy should indicate whether *all events* meeting the three conditions (see Q-7) are exempted or whether only *certain events* are exempted (e.g., sales are only allowed at sports games, concerts or theatre productions), and whether *all beverages* not meeting the statutory requirements are exempted or *only certain beverages* are exempted (e.g., cocoa and lemonade are allowed but soda is not). If the board decides to make beverage exemptions part of district policy, they remain in effect until the board rescinds or revises the existing policy.

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Allowable Beverages

- 9. Can cocoa/hot chocolate, coffee/decaffeinated coffee and tea/herbal tea be sold to students?**
 No. The only beverages that can be sold to students in public schools are those belonging to the five categories of beverages specified in CGS section 10-221q (see Q-1). Cocoa/hot chocolate, coffee (e.g., regular, decaffeinated and iced) and tea (e.g., regular, herbal and iced) are not one of the five allowable categories defined by state statute. Therefore, these beverages can only be sold at events that occur after the school day or on the weekend if the board permits exemptions and the three exemption conditions are met (see Q-7).
- 10. A school operates an a la carte breakfast program and does not participate in the School Breakfast Program. Can the food service program give coffee to students if they purchase a specific breakfast item e.g., the student buys a bagel egg sandwich and gets a “free” coffee?**
 No. CGS section 10-221q prohibits the sale of coffee to students on school premises (see Q-9). If students are required to purchase a breakfast item in order to get the “free” coffee, then the coffee is not being given away, since students cannot get the coffee without spending money.
- 11. Can sports drinks be sold to students at a sports practice that occurs after the end of the school day if they are sold by a person (e.g., coach or parent), not a vending machine or school store?**
 No. A sports practice does not qualify as an “event” (see definition of “event” in the Glossary). Sports drinks or other beverages that are not permitted under CGS section 10-221q can be *given* to students during the practice but they cannot be *sold* to students during the practice. If a fee is collected for participation in sports and the fee covers the cost of beverages given to students at practice or games, then the beverages are being *sold to students* and must meet the requirements of GCS section 10-221q.
- 12. Can carbonated/aerated waters or juices be sold to students?**
 It depends. All carbonated beverages (beverages containing carbon dioxide) and aerated beverages (beverages labeled as “aerated” or that bubble and fizz for several minutes after opening) are categorized as “soda waters,” which is one of the four categories of foods of minimal nutritional value (FMNV) defined by the USDA under the federal competitive food services regulation (7 CFR 210, Section 210.11). A carbonated/aerated water, carbonated/aerated juice or carbonated/aerated water and juice beverage can be sold to students during the meal service if it 1) meets the requirements for the appropriate beverage category, as specified under CGS section 10-221q (see Q-1); and 2) has been exempted by the USDA from the federal FMNV definition. For more information, see *Competitive Foods in Schools* at <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf> and *Clarification of Competitive Foods and Foods of Minimal Nutritional Value (FMNV) and Updates to the USDA Exemptions List for FMNV, Operational Memorandum 8-11* at http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/11/OM_08_11.pdf. A list of exempted beverages is contained in *Exemptions Under the U.S. Department of Agriculture’s Competitive Foods Regulation for School Nutrition Programs*, available at <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/ExemptionsList.pdf>.
- If a carbonated/aerated water or juice meets the requirements for the appropriate beverage category under CGS section 10-221q, but has not been exempted by the USDA from the FMNV definition, it can only be sold to students **outside** of the meal service periods. Beverages that meet both state and federal requirements are listed on the CSDE *List of Acceptable Foods and Beverages* (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>). Districts can ensure compliance with both the federal competitive foods services

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regulation and the state beverage statute by selling only the beverages on the CSDE approved list. If a beverage is not listed, the product's nutrition information (nutrition facts label, package size, ingredients and product code) should be submitted to the CSDE to determine whether it meets the requirements of state statute.

13. Can a vending machine with beverages not fitting within the five beverage categories of CGS section 10-221q remain in a school if it is not turned on until after the end of the school day?

No. Soda, sports drinks, iced tea and any other unallowable beverages can *never* be sold to students from a vending machine under any circumstances.

14. Does CGS section 10-221q apply to beverages supplied by parents or teachers for classroom parties?

No. The law applies only to the *sale* of beverages to students. The determination of what beverages can be *given* to students in school would be governed by the district's local school wellness policy (see Q-32). However, if a fee is collected to cover the cost of beverages given to students for classroom parties, then the beverages are being *sold to students* and must meet the requirements of CGS section 10-221q.

For more information on beverages, see the PowerPoint Presentation, *Requirements for Beverages in Connecticut Public Schools*, and the handout, *Allowable Beverages in Schools*, on the CSDE Beverage Requirements Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>.

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Summer School Programs

15. Does CGS section 10-221q apply to summer school programs (e.g., enrichment or exploratory programs)?

Yes, if the summer school program is *operated by the school district* in a school building or on school property. A summer school program operated by the school district is considered to be part of the regular school day. All beverages sold to students in these programs must meet the requirements of CGS section 10-221q (see Q-1). The board of education or governing authority can only decide to permit the sale of beverages that do not comply with state statute if the three exemption conditions are met (see Q-7). See Q-16 for clarification of “regular school day” for a summer school program.

If the summer school program is *not operated by the school district*, the board of education *may permit* the sale of beverages that do not comply with CGS section 10-221q *if* the three exemption conditions are met (see Q-7). Summer school programs operated by entities other than the board of education are already considered to have met the first requirement of an event being held after the school day. They must also meet the other two requirements, i.e., the sale occurs at the location of the event and the beverages are not sold from a vending machine or school store. The board of education or governing authority must *take action* (i.e., vote) to allow the sale of beverages to students in summer school programs if the three exemption conditions are met.

16. What is a “regular school day” for a summer school program operated by a board of education?

The regular school day for a summer program operated by a board of education is the period that begins with the arrival of the first child at the program and ends with the regularly scheduled completion of the program. A summer program that is not operated by the school district is considered to be outside of the regular school day.

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2 — Healthy Food Certification (CGS Section 10-215f)

Compliance with this statute is required for all public schools. Each public school must certify annually whether they will or will not implement the Connecticut Nutrition Standards.

Eligibility for Healthy Food Certification

17. What are the eligibility requirements for healthy food certification and additional funding?

All Connecticut *public* school districts that participate in the National School Lunch Program (NSLP) are eligible for healthy food certification and additional funding. This includes regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies.

18. Are eligible school districts required to choose the healthy food option and receive additional funding under CGS section 10-215f?

No. Districts are not required to implement the healthy food option. However, all school districts that participate in the NSLP must *certify annually* whether they *will* or *will not* implement the healthy food option, i.e., follow the Connecticut Nutrition Standards for all foods sold to students separately from reimbursable meals.

19. Can nonpublic schools that participate in the National School Lunch Program participate in healthy food certification?

No. CGS section 10-215a specifies that private schools, residential child care institutions (RCCIs) and nonprofit organizations can participate in the School Breakfast Program, National School Lunch Program and other USDA meal programs, but they are *not eligible* to certify for the healthy food option under CGS section 10-215f and receive additional funding.

20. Can a school district certify for the healthy food option if one or more schools do not participate in the National School Lunch Program, e.g., the district's elementary and middle schools participate in the NSLP but the high school does not?

Yes. As long as the district has *at least one school* participating in the NSLP, it can certify for the healthy food option and receive the additional funding. However, if the district chooses to certify for the healthy food option, *all* of the schools in the district must comply with the Connecticut Nutrition Standards, even if they do not participate in the NSLP.

21. Can a district opt to certify for the healthy food option for only some schools in the district, e.g., elementary and middle schools but not the high school?

No. Healthy food certification is for *all of the schools under the district's jurisdiction*, including elementary, middle and high.

22. How many Connecticut school districts currently participate in healthy food certification?

The number of eligible and participating school districts and schools (magnets, charters and endowed academies) varies each year. A list of the districts currently participating in healthy food certification is available online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420> (scroll down to "List of Districts Implementing Healthy Food Certification"). The handout also includes comparison charts of healthy food certification participation since the first year of implementation (2006-07).

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Certification Process

23. What is the healthy food certification application process?

All Connecticut public school districts that participate in the NSLP must complete the Healthy Food Certification Statement – Addendum to Agreement for Child Nutrition Programs (ED-099) annually. In January of each year, the Healthy Food Certification Statement and application materials for the upcoming school year are available on the CSDE Application Forms for Healthy Food Certification Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424>. Districts that decide to implement the healthy food option must also complete the District Contact and Information Sheet, which is available on the same Web site.

24. What is the period of time covered by the district’s healthy food certification?

The district’s healthy food certification is valid for one school year (July 1 through June 30).

25. Are districts required to complete the Healthy Food Certification Statement every year?

Yes. CGS section 10-215f requires that all public school districts that participate in the NSLP must certify *each year* whether they will or will not follow the Connecticut Nutrition Standards for all foods sold to students separately from reimbursable meals. The district’s Healthy Food Certification Statement must be completed and approved annually by the board of education or school governing authority, and must also be approved annually by the CSDE. The CSDE strongly encourages districts to make the board vote on healthy food certification a standing agenda item for a board meeting every spring. This will ensure that the district can submit the appropriate materials to the CSDE on time.

26. Who is responsible for signing the Healthy Food Certification Statement?

The Healthy Food Certification Statement must be signed by the designated representative who is authorized to sign the ED-099 Agreement for the Child Nutrition Programs and claims for reimbursement. This person is head of the governing authority, e.g., the chief officer elected or appointed to assume legal responsibility for the organization (Superintendent of Schools, President or Chairperson of the Board).

27. What is the deadline for the Healthy Food Certification Statement?

The Healthy Food Certification Statement is due to the CSDE by **July 1** of each year. The board of education or school governing authority must conduct the vote on healthy food certification by **July 1** or the district is ineligible for participation during the upcoming school year.

28. Who is responsible for overseeing healthy food certification in the school district?

Each district that certifies for the healthy food option must designate a *district contact person*. This person is designated on the CSDE District Contact and Information Sheet, which is part of the healthy food certification application packet. The district contact person is the point person identified by the district for coordinating, implementing and monitoring healthy food certification. For more information, see *Responsibilities of District Contact Person for Healthy Food Certification* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DistrictContactResp.pdf>.

For more information on the application process for healthy food certification, see the PowerPoint presentation, *Application Procedures for Healthy Food Certification*, at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Application.pdf>.

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Requirements for Healthy Food Certification

29. What is a school district required to do if it certifies for the healthy food option under CGS section 10-215f (healthy food certification)?

If a district chooses to receive the additional funding, it must certify that all foods sold to students separately from a reimbursable school breakfast or lunch will comply with the Connecticut Nutrition Standards. This includes foods offered for sale to students at all times, in all schools, and from all sources, including school cafeterias, school stores, vending machines, fundraising activities on school premises and any other sources. Examples of other sources include culinary arts programs, family and consumer sciences classes, recipient schools under interschool agreements (see Q-42), a la carte foods sold in Seamless Summer Food Programs and Summer Food Service Programs operated by board of education, USDA After-School Snack Program, summer school programs (e.g., enrichment or exploratory) operated by board of education (see Q-15 and Q-82) and adult education programs operated by board of education (see Q-5, Q-65 and Q-66).

The district must review all purchased and school-made foods for compliance with the Connecticut Nutrition Standards *before* they are sold to students. The district must also ensure that all personnel responsible for food and beverage sales to students understand the requirements and are operating all sales in compliance with the statutory requirements.

30. Are there any other restrictions on food sales to students that must be followed if the district certifies for the healthy food option?

Yes. Section 10-215b-23 of the Regulations of Connecticut State Agencies specifies that the income from the sale of any food or beverages sold anywhere on school from 30 minutes before the start of any state or federally subsidized milk or meal program (National School Lunch Program, School Breakfast Program, After-School Snack Program and Special Milk Program) until 30 minutes after the end of the program must accrue to the food service account. *This requirement applies to all public school districts, regardless of whether they choose to implement healthy food certification.*

CGS section 10-221p requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods (including, but not limited to, low-fat dairy products and fresh or dried fruit) must also be available for sale (see Q-89). *This requirement applies to all public school districts, regardless of whether they choose to implement healthy food certification and regardless of whether they participate in the USDA Child Nutrition Programs.*

31. If the school district contracts to provide meals to another school, is that school required to follow the Connecticut Nutrition Standards?

No. Healthy food certification applies only to the foods that are made available for sale to students *in schools under the certifying district's jurisdiction*. A district or school that receives meals under contract from a certifying district is *not* required to follow the Connecticut Nutrition Standards. However, an eligible recipient site could choose to follow the Connecticut Nutrition Standards if the interschool agreement indicates that the recipient site will comply with healthy food certification (see Q-42).

32. What is the difference between healthy food certification and the district's school wellness policy?

Healthy food certification addresses only what is *sold* to students, while the district's school wellness policy must address all foods *available* (sold and given) to students. For more information on school wellness policies, see *Federal and State Laws for Food and Beverages in Connecticut Schools* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/NutritionLaws.pdf>, the CSDE's *Action Guide for School Nutrition and Physical Activity Policies* (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>), and the CSDE School Wellness Policy Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438>.

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Exemptions for Food Items

33. Can schools ever sell any foods to students if they do not meet the Connecticut Nutrition Standards?

Yes. The requirements for food exemptions are the same as the requirements for beverage exemptions (see Q-7). Foods that do not meet the Connecticut Nutrition Standards can only be sold to students at school *if permitted* by the board of education or school governing authority *and* three 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 food items are *not sold from a vending machine or school store*. The board of education or governing authority must *take action* (i.e., vote) to permit the sale of these other food items.

34. What is the meaning of “at the location of the event”?

“Location” means *where the event is being held*, such as the gym, soccer field or auditorium. For example, if the event is a basketball game held in the gym, the food must be sold at the location of the gym. It cannot be sold in another location of the school at the same time, e.g., on the soccer field at a practice that is being held at the same time as the basketball game.

35. How does the board of education or governing authority permit the sale of foods that do not meet the Connecticut Nutrition Standards?

The exemption for foods that do not meet the Connecticut Nutrition Standards is included as part of the district’s annual Healthy Food Certification Statement (see Q-23). When the board of education votes each year to implement healthy food certification, they will also be voting on whether to allow food exemptions if the three conditions for exemption are met (see Q-33). This is indicated in “Section 3 – Exemption Statement” on page 2 of the Healthy Food Certification Statement.

The local school district decides what food exemptions to allow. The food exemptions can be general (i.e., any food items are allowed if the three conditions are met) or specific (i.e., only certain types of food items are allowed if the three conditions are met). The meeting minutes should indicate whether *all events* that meet the three conditions specified in the law are exempted or whether only *certain events* are exempted (e.g., sales are only allowed at sports game, concerts or theatre productions), and whether *all foods* that do not meet the Connecticut Nutrition Standards are exempted or *only certain foods* are exempted (e.g., chips and cookies are allowed but candy is not).

The board could choose to make these details part of district policy. If the board decides to make the specific details of food exemptions part of district policy, they remain in effect until the board rescinds or revises the existing policy. However, the vote for exemptions is still conducted *annually* as part of the Healthy Food Certification Statement.

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Funding for Healthy Food Certification

36. What is the funding level for school districts that opt for healthy food certification and when will the funds be paid?

Districts implementing healthy food certification will receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year for the NSLP. This includes lunches served in the Seamless Summer Food Program and Head Start Programs operated by the board of education and participating in the NSLP. The funds will be distributed in the same manner as state match funds for school lunches. Participating districts will receive 75 percent of the funds in the fall and 25 percent in the spring.

37. Is the funding available each year?

Yes. The funding is available for each year in which the district certifies that all foods sold to students separately from a reimbursable breakfast or lunch will meet the Connecticut Nutrition Standards.

38. Who receives the funds?

The funds are paid to the district’s school food service program.

39. What happens to a school district's regular state match funding if the district decides not to implement healthy food certification?

There are no financial implications if a district chooses not to participate in healthy food certification. The funding level for the regular state match payment for school lunches remains the same because it is separate from the funding for healthy food certification.

40. What happens if a district applies for healthy food certification but then drops out during the school year?

The district would be required to return funds to the CSDE, based on a prorating of the participation period.

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Lunch Counts for Funding

41. The district contracts to provide lunches to a private school. Are these lunch counts included in the number upon which the district's funding is based?

No. If a public school contracts to provide lunches to a private school, residential child care institution or nonprofit organization, these lunches are *not included* in the total number of lunches upon which funding is based. Nonpublic schools are not eligible to participate in healthy food certification (see Q-19).

42. The district contracts to provide lunches to another school that is eligible for healthy food certification and funding. Are these lunch counts included in the number upon which the district's funding is based?

Yes, under certain conditions. If a public school district contracts to provide lunches to another public school that is eligible for healthy food certification (see Q-17), these lunches may be included in the total number of lunches upon which funding is based if 1) the recipient district is included on the district's Agreement for Child Nutrition Programs (ED-099) submitted to the CSDE; and 2) the recipient district certifies on the CSDE interschool agreement that they will comply with healthy food certification under CGS section 10-215f.

43. Can a district with a new school still certify for the healthy food option? If so, how are the lunch counts determined?

Yes. A district with a new school can certify for the healthy food option. However, funding would only be based on the lunches served in the district's schools with lunch counts for the prior school year.

If a district with only one school is a new sponsor of the NSLP, the district must wait until the next school year before submitting the Healthy Food Certification Statement and receiving funding. The school must have *prior lunch counts* for the CSDE to determine funding.

If an eligible district with only one school has less than a full year of operation (e.g., the new school opens in January and has operated for six months), the new individual school sponsor of the NSLP could certify for the healthy food option in the next school year. However, funding would be based on the actual number of lunches served in the school year prior to the start of healthy food certification.

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Allowable Food Items

44. What foods can be sold if the district certifies for the healthy food option?

If a district chooses to certify for the healthy food option and receive the additional funding, all foods offered for sale to students at all times, in all schools, and from all sources must meet the Connecticut Nutrition Standards. This includes school stores, vending machines, school cafeterias, fundraising activities on school premises and any other sources of food sales to students (see Q-28). Foods that do not meet the Connecticut Nutrition Standards can **only** be sold if the board votes to allow exemptions and the three exemption conditions are met (see Q-33).

45. How does the district determine whether a purchased food item meets the Connecticut Nutrition Standards? Districts are responsible for determining that all food items sold to students separately from reimbursable meals meet the Connecticut Nutrition Standards *before* they are purchased and sold to students. For purchased food items, the CSDE strongly encourages schools to use the CSDE's *List of Acceptable Foods and Beverages*, a brand-specific list of foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute. This list is available online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>.

46. If a purchased food item is not included on the CSDE list, what should the district do?

The food item **cannot** be sold to students until the district verifies that it meets the Connecticut Nutrition Standards. Districts should submit the product's nutrition information (nutrition facts label, package size, ingredients and product code) to the CSDE so that the product can be evaluated for compliance with the Connecticut Nutrition Standards. If it meets the standards, it will be added to the CSDE *List of Acceptable Foods and Beverages* (see Q-45). The handout, *Submitting Food and Beverage Products for Approval*, provides information on what is needed for the CSDE to review items for compliance (<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf>).

47. How does the district determine whether foods made from scratch or school-made foods meet the Connecticut Nutrition Standards? School-made foods include all items that are 1) prepared from scratch using a recipe, e.g., entrees, soups, baked items and vegetables; or 2) require some additional processing after purchasing ingredients, e.g., popping popcorn kernels with oil, making cookies from a mix and adding butter and eggs, and assembling a sandwich. The district is responsible for conducting a *nutrient analysis* of all recipes used to make any foods that are sold to students separately from reimbursable meals. The nutrient analysis must be done *before* any foods are sold to students. This applies to the cafeteria as well as any other sources of school-made foods sold to students separately from reimbursable meals, e.g., fundraisers, culinary arts programs, family and consumer sciences classes and parent-made foods (see Q-28). For more information, see *Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/6EvaluatingRecipes.pdf>.

48. The district has a culinary arts program that prepares and sells food items to students and school staff members. Are these foods required to meet the Connecticut Nutrition Standards?

Yes. The culinary arts program must conduct a nutrient analysis of recipes to ensure they meet the Connecticut Nutrition Standards *before* they are sold to students (see Q-47). If a district chooses to certify for the healthy food option, all foods offered for sale to students at all times, in all schools, and from all sources must meet the Connecticut Nutrition Standards. The board of education or governing authority can only decide to permit the sale of foods that do not meet the Connecticut Nutrition Standards if the three exemption conditions are met (see Q-33).

Note: Even if a food meets the Connecticut Nutrition Standards, CGS 10-221p and section 10-215b-23 of the Regulations of Connecticut State Agencies still apply. CGS 10-221p requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale (see Q-89). Section 10-215b-23 specifies that any income from the sale of any foods or beverages sold or distributed anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account (see Q-30).

- 49. Can foods that do not meet the Connecticut Nutrition Standards still be sold to students as a la carte items in the cafeteria, i.e., separately from the reimbursable meal?**
No. If a district certifies for the healthy food option, the Connecticut Nutrition Standards apply to *all foods* sold to students separately from a reimbursable breakfast or lunch, e.g., a la carte items. A la carte foods that do not meet the Connecticut Nutrition Standards can *never* be sold in the cafeteria.
- 50. The high school has an a la carte breakfast program that is not part of the School Breakfast Program. Are these foods required to meet the Connecticut Nutrition Standards?**
Yes. A la carte breakfast foods are not part of a reimbursable breakfast. If the district certifies for the healthy food option, the Connecticut Nutrition Standards apply to all foods sold to students separately from a reimbursable breakfast or lunch. A la carte foods that do not meet the Connecticut Nutrition Standards can *never* be sold in the cafeteria.
- 51. The school sponsors an annual honors award breakfast for students and parents but no fee is charged to attend. Are these foods required to meet the Connecticut Nutrition Standards?**
No. CGS section 10-215f applies only to foods that are *sold* to students, not to foods that are given away at no charge. The determination of what foods can be *given* to students in school would be governed by the district's local school wellness policy (see Q-32).
- 52. A parent group wants to sell foods that do not meet the Connecticut Nutrition Standards (e.g., donuts and coffeecake) and beverages that do not meet the statutory requirements (e.g., coffee, tea and cocoa) to parents and students at a meeting that occurs before school starts. Is this acceptable?**
No. A meeting is not an event (see definition of "event" in the Glossary) and the time frame does not meet the exemption requirements of state statutes. CGS sections 10-221q and 10-215f only allow exemptions for food and beverages sold at the *location of events* that occur *after the end of the regular school day or on the weekend*.
- 53. Can a vending machine with foods not meeting the Connecticut Nutrition Standards remain in a school if it is not turned on until after the end of the school day?**
No. If the district implements healthy food certification, foods not meeting the Connecticut Nutrition Standards can *never* be sold to students from a vending machine under any circumstances. For more information, see *Requirements for Foods and Beverages in Vending Machines* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Vending_Machines.pdf.
- 54. Can a school store sell foods not meeting the Connecticut Nutrition Standards if it is not open until after the end of the school day?**
No. If the district implements healthy food certification, foods not meeting the Connecticut Nutrition Standards can *never* be sold to students from a school store under any circumstances. For more information, see *Requirements for Foods and Beverages in School Stores* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/School_Stores.pdf.
- 55. Does healthy food certification apply to foods purchased by students on field trips?**
No. The Connecticut Nutrition Standards do not apply to foods sold to students off school premises. They only apply to foods sold to students on the premises of schools under the district's jurisdiction.
- 56. Does healthy food certification apply to foods supplied by parents or teachers for classroom parties?**
No. The law applies only to the *sale* of foods to students. The determination of what foods can be *given* to students in school governed by the district's local school wellness policy (see Q-32). However, if a fee is collected to cover the cost of foods given to students for classroom parties, then the foods are being *sold to students* and must meet the Connecticut Nutrition Standards. For information on healthy parties, see *Healthy Celebrations* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>.

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57. Parents send in money to teachers to purchase food that is provided as snacks to children in the classroom during the school day. If the district certifies for the healthy food option, are these snacks required to meet the Connecticut Nutrition Standards?

Yes. Money is exchanged in return for foods that are provided to the students. This is considered the sale of food to students (see definition of “sale” in the Glossary). If the district certifies for the healthy food option and receives the additional funding, then all foods provided (sold) to the children as classroom snacks must meet the Connecticut Nutrition Standards.

58. The district operates a fee-based program or activity after school that includes a snack. Students must pay a fee to participate in the program and the fee includes the cost of providing the snack. Do the snack foods have to comply with the Connecticut Nutrition Standards?

Yes. The cost of providing the snack foods to the students is included in the fee for the program so the foods are being sold to students and must meet the Connecticut Nutrition Standards. For information on how this applies to beverages, see Q-3.

59. The school store sells cough drops to students. Are these considered a food, and therefore subject to the Connecticut Nutrition Standards if the district certifies for the healthy food option?

Cough drops are considered a medicinal preparation and therefore should not be sold in a school store or anywhere else on school grounds. As with any medication, cough drops should only be administered in compliance with the state medication laws and regulations (see CGS 10-212a at <http://www.cga.ct.gov/2005/pub/Chap169.htm#Sec10-212a.htm> and http://www.sde.ct.gov/sde/lib/sde/PDF/deps/student/health/Medication_Administration_Regs.pdf).

60. Can breath mints be sold to students in the school store?

No. Breath mints (including sugarless breath mints) are considered candy and are therefore not allowed for sale to students if the district has certified for the healthy food option.

Note: If the district does not certify for the healthy food option, the sale of breath mints is still governed by the state competitive foods regulation (section 10-215b-1 of the Regulations of Connecticut State Agencies), which prohibits schools from selling or dispensing candy (including breath mints and sugarless candy) to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program (see Q-30). Additionally, section 10-215b-23 requires that the income from any food or beverage sales during this time frame must accrue to the food service account.

61. Can candy, mints and chewing gum (including sugarless candy, mints and gum) be sold to students?

No. Candy, mints and chewing gum (including regular and sugarless) do not meet the Connecticut Nutrition Standards. Candy, mints and gum provide calories from fats and sugars but few, if any, nutrients. Sugarless candy and gum contain artificial sweeteners, nonnutritive sweeteners or sugar alcohols, which are prohibited by the Connecticut Nutrition Standards. Candy, mints and gum can only be sold at events that meet the three exemption conditions (see Q-33), if the board has voted to allow food exemptions.

62. How do the Connecticut Nutrition Standards apply to condiments?

The Connecticut Nutrition Standards specify that schools must limit condiment use and provide low-fat, low-sugar and low-sodium varieties. Examples of condiments include cream cheese, margarine, butter, mustard, ketchup, mayonnaise, salad dressings and dipping sauces. If a condiment is packaged with or is part of the food item being sold, the evaluation of the food item for compliance with the Connecticut Nutrition Standards *must* include the condiment. Examples include bagel and cream cheese, muffin with butter, hamburger with ketchup, chicken nuggets with dipping sauce, rice with duck sauce, pasta with butter, salad with dressing, carrots with dip and bean soup with sour cream garnish. If the condiment is *not* packaged with the item (e.g., the student has a choice whether to take it), then the food item is evaluated separately and the condiment is *not* included. Schools are encouraged to let students decide whether to add condiments, instead of serving food with condiments already added. Schools are also encouraged to educate students regarding the benefits of limiting condiments and using varieties that are lower in fats, sugars and sodium.

- 63. A school uses tokens or an equivalent item (e.g., coupons, stars or stickers) to reward children for good behavior or good grades. These tokens can be redeemed by the students for foods such as cookies and ice cream. Does this count as sales to students?**

Yes. The dictionary defines “sale” as “the exchange of property or services for a determined amount of money *or its equivalent*.” If the district certifies for the healthy food option, then all foods sold to students or provided to students in exchange for tokens or other items must meet the Connecticut Nutrition Standards. The CSDE strongly encourages schools to use other rewards or nonfood items. For more information, see *Alternatives to Food as Reward* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>.

- 64. The cafeteria does not serve lunch on some days, such as the last day of school and half days. Teachers collect money from students to purchase pizza and drinks, e.g., soda and lemonade. Is this allowable if the district has certified for the healthy food option?**

No. CGS section 10-221q specifies the five categories of beverages that can be sold to students, and soda and lemonade are not included in these categories (see Q-1). If the district has certified for the healthy food option under CGS section 10-215f, then all food sold to students separately from a reimbursable meal must meet the Connecticut Nutrition Standards. Therefore, the pizza can only be sold to students if it meets the Connecticut Nutrition Standards. This requires that the school obtains a nutrient analysis of the pizza recipe (see Q-47). In addition, CGS section 10-221p applies whenever foods are made available for purchase (see Q-89). Therefore, low-fat dairy products and fresh or dried fruit must also be available for sale when the pizza is sold.

Note: Section 10-215b-23 of the Regulations of Connecticut State Agencies (see Q-30) would not apply in this case because the federally funded meal service is not in operation.

- 65. An adult education program with high school age students is operated under the jurisdiction of the board of education. It is in a separate building from the district’s elementary, middle and high schools. There are no meals served in the program but there are vending machines operated by the board of education. Do the foods sold in the vending machine have to comply with the Connecticut Nutrition Standards if the district certifies for the healthy food option under CGS section 10-215f?**

Yes. The statute does not define students as being of a particular age, nor does it distinguish between regular and adult education programs. It says that the district must certify that “all food items available for sale to *students in schools under its jurisdiction*” meet the Connecticut Nutrition Standards. The statute applies only to the sale of foods that are *under the control of the adult education program*. If the school district rents, leases or borrows building space for an adult education program and the building owner maintains any sources of food sales (e.g., vending machines and food kiosks), they are *not* required to comply with the Connecticut Nutrition Standards. For more information, see *Requirements for Selling Food and Beverages in Adult Education Programs* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Letter_1031.pdf.

- 66. If an adult education program operated under the jurisdiction of the board of education does not contain school-age students, are foods still required to meet the Connecticut Nutrition Standards?**

Yes. The statute does not define students as being of a particular age (see Q-65).

- 67. Can schools sell foods that do not meet the Connecticut Nutrition Standards to teachers?**

Yes. The law applies only to the sale of food to *students*. Schools can sell any foods that do not meet the Connecticut Nutrition Standards to teachers and other school staff members as long as they are not accessible to students. However, the CSDE encourages districts to consider this issue in relation to the promotion of staff wellness practices and the district’s school wellness policy.

For more information on the requirements for healthy food certification, see the PowerPoint presentation, *Understanding Healthy Food Certification*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Understanding_HFC.pdf.

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Fundraisers

68. How does the district's healthy food certification apply to fundraisers?

Healthy food certification includes all foods offered for sale to students at all times and from all sources including school stores, vending machines, school cafeterias and any fundraising activities on school premises. Therefore, all food fundraisers must meet the Connecticut Nutrition Standards, unless food exemptions are permitted by the board of education or governing authority and they meet the three conditions for exemption (see Q-33).

69. Are fundraisers that are sponsored by an outside organization required to meet the Connecticut Nutrition Standards if they are held on school premises?

Yes. If the district certifies for the healthy food option, all food sold to students on school premises must meet the Connecticut Nutrition Standards. This applies to all fundraisers held on school premises, regardless of whether they are sponsored by the school or an outside organization. However, if food exemptions are permitted by the board of education or governing authority and the fundraiser meets the three conditions for exemption (see Q-33), it would be allowed.

70. Fliers for a food fundraiser are handed out during the school day for students to take home. Students bring the order forms and money back to school and pick up the food items. Do the Connecticut Nutrition Standards apply to this fundraiser?

Yes. If the student is involved in delivering money to school for the food items and picking up the food items at school, the fundraiser is selling food to students on school premises. To receive the additional funding, CGS section 10-215f requires that all foods made available for sale to students at schools meet the Connecticut Nutrition Standards. However, the fundraiser would **not** be considered to be selling food to students on school premises if students only deliver the food orders and money to the school but *parents or other adults pick up the food items*. The school must clearly indicate this procedure on the fundraising flier and other written communications regarding the fundraiser.

It is **not** allowable for students to bring home food fundraiser items at the end of the school day regardless of how the payment comes in to school. Any fundraiser where students are picking up food at school that does not meet the Connecticut Nutrition Standards is **not** in compliance with healthy food certification under CGS section 10-215f.

A school district that certifies for the healthy food option is responsible for ensuring that each school under its jurisdiction is in compliance. If the CSDE, in the course of monitoring compliance, determines that a participating school district has permitted the sale of food to students in violation of this provision, it would require the district to return the additional funding provided pursuant to CGS section 10-215b. Therefore, school officials must decide whether they can effectively ensure that such fundraisers will comply with the statutory mandates.

71. A school cookie dough fundraiser is sold after school hours via a handout that is sent home with students. Parents pay for and pick up the cookie dough after school. Is this fundraiser allowed?

Yes. While the fundraising flier is sent home with the students, the students are not involved in delivering the money to school for the food item and picking up the food item at school. As long as the parents are purchasing and picking up the food item, the fundraiser is not selling to students and would therefore be acceptable.

72. Can a school sell frozen foods such as cookie dough, pies and bread dough to students if they are only sold frozen so students can't eat them?

No. CGS section 10-215f does not make any exceptions for *when* the food is consumed or *what form* the food is in. It states that the Connecticut Nutrition Standards apply to *all food items made available for sale to students* in schools under the district's jurisdiction. Therefore, the Connecticut Nutrition Standards apply regardless of whether the food fundraiser sold is intended for consumption immediately (e.g., candy bar and cupcakes) or at a later time (e.g., frozen cookie dough and pies).

73. The PTA wants to hold a bake sale in a school that is closed for election day and teacher inservice days. The bake sale is run by students. The board has voted to allow food exemptions. Is this fundraiser allowed?

Yes. Election day and teacher inservice days are considered to be an event. Since the school is closed for the day, this situation would meet the criteria of foods being sold at the *location of an event that occurs after the school day* (see exemption conditions in Q-33).

74. Tickets are sold during the school day for a pasta dinner that will be held for parents and students in the evening at school. Is this acceptable if the board has voted to allow food exemptions?

Yes. The pasta dinner is an event because it is a gathering of people for a social purpose that involves more than just selling food. If the board has voted to allow food exemptions, the food sold at the pasta dinner is exempt from the Connecticut Nutrition Standards because the pasta dinner would meet all three exemption conditions (see Q-33).

75. Can a school sell gift cards, coupons or tickets to students that are redeemable for food?

It depends on whether the foods meet the Connecticut Nutrition Standards. Selling gift cards, coupons, tickets, entertainment books, tokens or similar items that are redeemable for food is the same as *selling food* to students (see definition of “sale” in the Glossary). This includes coupons or gift cards that are redeemable at businesses selling food, e.g., restaurants, convenience stores, fast food chains and local dining establishments. If a district opts for the healthy food option, fundraisers of gift cards or similar items must meet one of the following three conditions: 1) all foods that can be purchased with the coupons or similar items meet the Connecticut Nutrition Standards; 2) the board of education allows food exemptions and the coupons or similar items are sold at an event that meets the three exemption conditions (see Q-33); or 3) students bring in the orders and money to school but a parent or other adult picks up the coupons or similar items for delivery to customers.

Fundraisers selling gift cards that are redeemable **only at supermarkets** (e.g., Big Y, Stop & Shop and Price Chopper) are allowed. Students may bring the orders and money for the gift cards to school and take the gift cards home. This applies only to gift cards for supermarkets because they are intended to *provide basic foods that feed families*, versus the wide array of unhealthy choices at convenience stores, fast food chains, local dining establishments and other similar establishments. In addition, the CSDE strongly encourages the district to let families know that the district is participating in healthy food certification and encourage them to redeem their gift cards for healthy choices, such as nutrient-rich foods like fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs and beans.

76. During the school day, the PTA sells tickets or coupons for food (e.g., candy or cookies) but the food is given out to students after school hours. Are these food items required to meet the Connecticut Nutrition Standards?

Yes. Selling tickets or coupons to students that are redeemable for food items is the same as selling food to students (see definition of “sale” in the Glossary). If the district certifies for the healthy food option, the Connecticut Nutrition Standards apply to all foods sold to students separately from a reimbursable meals. Foods that do not meet the Connecticut Nutrition Standards can only be sold at events that meet the three exemption conditions (see Q-33), if the board has voted to allow food exemptions.

Note: Even if the district does not certify for the healthy food option, selling tickets during the meal for a candy bar that will be distributed later in the day after the meal period is over is in violation of the state competitive foods regulation. Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy (including mints and sugarless candy) to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program (see Q-30). Additionally, section 10-215b-23 requires that the income from any food or beverage sales during this time frame must accrue to the food service account.

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77. Can a school-sponsored food fundraising event be conducted during the school day if it is not on school grounds, e.g., a bake sale is held at a local grocery store to raise money for a sports team?

Yes. Healthy food certification applies only to the sale of foods and beverages to students on school grounds.

78. Can the district conduct food fundraisers for parents and school staff?

Yes. If the fundraiser is sold to adults only (not students) the fundraiser can occur during the school day and the food items do not have to meet the Connecticut Nutrition Standards. Healthy food certification applies only to the sale of food to *students*.

Note: The sale of food in adult education programs under the jurisdiction of the board of education must meet the Connecticut Nutrition Standards (see Q-65).

79. Do schools need to eliminate food fundraisers if the district certifies for the healthy foods option?

No. Schools can sell foods that do not meet the Connecticut Nutrition Standards as fundraisers *if* the board of education or governing authority permits them and they meet the three exemption conditions (see Q-33). Most school fundraisers can be conducted as usual or modified to meet the healthy food certification requirements.

If a food meets the Connecticut Nutrition Standards, it can be sold to students without meeting the three exemption conditions. There are many snack foods (e.g., cookies, granola bars, trail mixes and frozen desserts) that meet the Connecticut Nutrition Standards, are appealing to students and can be used for fundraisers. The CSDE's *List of Acceptable Food and Beverages* includes brand-specific products that meet the Connecticut Nutrition Standards and the state beverage requirements. It is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>.

The CSDE strongly encourages districts to consider nonfood fundraising alternatives. The CSDE's *Healthy Fundraising* handout provides suggestions for fundraising with healthy food items and nonfood items and activities (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising.PDF).

Note: Even if a food meets the Connecticut Nutrition Standards, section 10-215b-23 of the Regulations of Connecticut State Agencies still applies. Section 10-215b-23 specifies that any income from the sale of any food or beverages sold or distributed anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account (see Q-30).

For more information on fundraisers, see *Fundraising with Food and Beverages* and the PowerPoint presentation, *Understanding Healthy Food Certification*, on the CSDE Requirements for Healthy Food Certification Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426>. A sample form that districts can use to review local fundraisers for compliance with the requirements of healthy food certification is available on the same Web page.

Note: Due to variations in local fundraising activities, districts are strongly encouraged to contact the CSDE with for assistance in reviewing their current fundraisers and identifying if any changes are needed.

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After-School Snack Programs

80. Does healthy food certification apply to the After-School Snack Program?

Yes. If a district chooses to certify for the healthy food option, all foods offered in the USDA After-School Snack Program must meet the Connecticut Nutrition Standards, in addition to meeting the USDA Meal Pattern for the After-School Snack Program.

81. Can the CSDE *List of Acceptable Foods and Beverages* be used to identify snack items that meet the meal pattern requirements for the After-School School Program?

No. The CSDE list identifies foods that meet the Connecticut Nutrition Standards. However, it does not indicate which items meet the meal pattern requirements for the After-School Snack Program, or the NSLP or SBP. For example, a granola bar may meet the Connecticut Nutrition Standards, but the portion size may not meet the USDA requirements for a grain/bread component in the Meal Pattern for the After-School Snack Program. Menu planners must be sure that any snack items served meet both the USDA meal pattern and the Connecticut Nutrition Standards.

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Summer School Programs

82. Does healthy food certification apply to summer school programs (e.g., enrichment or exploratory programs)?

Yes, if the summer school program is *operated by the school district* and the district certifies for the healthy food option, then all foods sold to students in summer school programs must meet the Connecticut Nutrition Standards (see Q-15, substituting “food” for “beverages” and “Connecticut Nutrition Standards” for “CGS Section 10-221q”).

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Monitoring Compliance

83. How does the CSDE monitor school districts that participate in healthy food certification?

The CSDE monitors all school districts that certify for the healthy food option to ensure that all foods sold to students separately from reimbursable meals comply with the Connecticut Nutrition Standards. The CSDE annually reviews each district’s healthy food certification documentation materials (see Q-85). The CSDE also conducts site visits of selected schools each year, in conjunction with the state administrative review of the district’s USDA Child Nutrition Programs.

84. How will the school district demonstrate compliance with healthy food certification?

The certifying board of education or governing authority is responsible for ensuring compliance with healthy food certification. The district is required to develop procedures and maintain documentation to demonstrate that all foods sold to students separately reimbursable meals comply with the Connecticut Nutrition Standards. This includes all purchased and school-made foods offered for sale to students at all times, in all schools, and from all sources (see Q-28). For more information on evaluating purchased foods see Q-45 and Q-46. For more information on evaluating school-made foods see Q-47.

Examples of documentation include a list of acceptable foods and beverages, an inventory of items sold in district vending machines or school stores, a school log system to identify acceptable fundraising events and a description of the process used to ensure that all food items meet the Connecticut Nutrition Standards. The CSDE provides additional guidance to school districts on the documentation requirements upon receipt and approval of the district’s Healthy Food Certification Statement.

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85. What documentation materials are districts required to submit to the CSDE?

All districts must submit the Healthy Food Certification Compliance Form each year. Districts that meet certain criteria must also submit lists of foods and beverages sold to students from all sources, including school cafeterias, school stores, vending machines, fundraising activities on school premises that do not meet the exemption criteria (see Q-33), and any other sources of food sales to students (see Q-28). Lists of foods and beverages are required if: 1) the district is scheduled for a state administration review during the current school year; 2) the district did not implement healthy food certification during the prior school year; or 3) the district received a poor healthy food certification review the prior year. The CSDE will notify all districts that are required to submit lists of foods and beverages. For more information, see *Guidance for Documenting Compliance with Healthy Food Certification* and *Checklist for Healthy Food Certification Documentation* on the CSDE Healthy Food Certification Documentation Forms and Guidance Web page (see Q-86).

86. How do districts obtain the healthy food certification documentation forms?

The documentation forms are available on the CSDE Healthy Food Certification Documentation Forms Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428>. The current year's forms are posted by September of each year.

87. When is the deadline for submitting the healthy food certification documentation forms to the CSDE?

The healthy food certification documentation forms are due to the CSDE by **November 30** of each year.

88. What are the penalties for noncompliance with healthy food certification?

The CSDE can require districts that fail to comply with healthy food certification to return funds.

Additional guidance on documentation requirements is contained in the PowerPoint presentation, *Documentation Requirements for Healthy Food Certification*, and the handouts, *Guidance for Documenting Compliance with Healthy Food Certification* and *Responsibilities of District Contact Person for Healthy Food Certification*, at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428>.

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3 — Requirement for Healthy Foods Whenever Other Foods are Sold (CGS Section 10-221p)

Compliance with this statute is *required* for all public schools regardless of whether the district participates in the USDA's Child Nutrition Programs or implements healthy food certification under CGS section 10-215f.

Requirements for Selling Healthy Food

89. What are the requirements of CGS section 10-221p.

CGS section 10-221p requires that at all times when food is available for purchase by students during the regular school day, nutritious and low-fat foods must also be available for sale. Such foods include, but are not limited to, low-fat dairy products and fresh or dried fruit.

90. Do the requirements apply even if the district chooses not to implement the healthy food option under CGS section 10-215f?

Yes. CGS section 10-221p is not optional. It applies to *all public schools*, regardless of whether they have chosen to implement healthy food certification under CGS section 10-215f and regardless of whether the district participates in the USDA's Child Nutrition Programs.

91. Does CGS section 10-221p apply to foods sold in the National School Lunch Program and School Breakfast Program?

Yes. When any a la carte foods are sold in the NSLP or SBP, schools must ensure that low-fat dairy products and fresh or dried fruit are also available for sale at mealtimes.

92. Does CGS section 10-221p apply to the After-School Snack Program?

No. The statute does not apply to the After-School Snack Program, since this program is not part of the "regular school day."

93. Does CGS section 10-221p apply to the Special Milk Program?

No. The statute applies only to food. However, milk sold in the Special Milk Program must meet the requirements of CGS section 10-221q (see Q-1).

94. Please provide examples of what is required under this statute.

Whenever any group makes any foods available for purchase in a school during the school day, low-fat dairy products and fresh or dried fruits must be available in the school at the same time for purchase by students. "Foods available for purchase" includes foods sold in vending machines, school stores, fundraisers and any other food sales in schools during the school day. For example:

- If a candy bar fundraiser is held during the school day, the school must have low-fat dairy products and fresh or dried fruit available for purchase while the fundraiser is being held. *Note: Districts choosing the healthy food option under CGS section 10-215f cannot sell candy bar fundraisers during the school day. They can only sell candy bar fundraisers if the board votes to allow food exemptions and the candy is sold at the **location of an event that occurs after the school day or on the weekend**, provided it is not sold from a vending machine or school store.*
- If a snack machine with chips, cookies and other snack foods is available for use by students during the school day, the school must also have low-fat dairy products and fresh or dried fruit available for purchase at the same time. Since snack machines are not typically refrigerated, low-fat dairy products and fresh fruit cannot usually be provided in the snack machine. If the snack machine is operating during cafeteria hours, having low-fat dairy products and fresh or dried fruit available as part of the meal service is acceptable. If the snack machine is operating outside of cafeteria hours, schools must make alternate provisions to offer low-fat dairy products and fresh or dried fruit at the

3 | REQUIREMENT FOR HEALTHY FOODS

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same time. *Note: Districts choosing the healthy food option under CGS section 10-215f must ensure that all foods sold in vending machines meet the Connecticut Nutrition Standards. Foods not meeting the Connecticut Nutrition Standards can **never** be sold to students from a vending machine under any circumstances (see Q-53).*

- If the school store sells food, the school must ensure that low-fat dairy products and fresh or dried fruit are available for purchase, either in the store or elsewhere in the school, while the school store is selling food. *Note: Districts choosing the healthy food option under CGS section 10-215f must ensure that all foods sold in school stores meet the Connecticut Nutrition Standards. Foods not meeting the Connecticut Nutrition Standards can **never** be sold to students from school stores under any circumstances (see Q-54).*

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Schools Selling Only Meals (No A La Carte Items)

95. A school sells only the school meal (breakfast and lunch), which always includes fresh fruit choices as the required fruit/vegetable component in the USDA meal pattern. There are no a la carte items sold in the cafeteria. Since the meal contains “food,” is the school required to start selling the a la carte items listed in CGS section 10-221p?

No. If the school is solely offering a reimbursable school meal (breakfast or lunch) with no a la carte choices, then the school is **not** required to provide the additional a la carte items listed in CGS section 10-221p. (A reimbursable school meal is one that meets the requirements of the USDA National School Lunch Program or School Breakfast Program.) The statute requires that when food is offered for sale during the school day, then the alternative items listed in the statute must also be provided. The statute does not apply to the full reimbursable school meal, unless the school is providing additional a la carte items for sale during the school breakfast or lunch period. The intent behind the legislation is that students are given healthy choices when food is available for sale. *If at any time food is offered for purchase during the school day by anyone (e.g., cafeteria, vending machine, student group and parent organization), the school would also be required to offer for sale the items listed in CGS section 10-221p.*

96. The district satellites school meals to the elementary schools. No a la carte items are sold, just the school meal. No money is collected at the school where the meals are served. Tickets are prepaid at the beginning of the week. Are the schools required to sell a la carte items when they did not sell them before?

The statute does not specify when the sale takes place. In other words, it makes no difference that the money is collected at the beginning of the week instead of when the food is actually provided to the students. However, for the reasons stated in Q-95, the schools are not required to add low-fat dairy products and fresh or dried fruit as a la carte items to the regular school breakfast or lunch *as long as there are no other food or beverage items available to the students during the breakfast or lunch period.*

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Provision 2 Schools

97. Schools operating under the Provision 2 criteria provide meals to all children at no cost. Since there is no food being sold, and the law specifies that low-fat foods must be available when other foods are sold, would Provision 2 schools be exempt from CGS section 10-221p?

Yes. Provision 2 schools are *not* required to provide the a la carte items specified in the statute (low-fat dairy products and fresh or dried fruit) unless other foods are available for purchase during the meal periods.

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Required Foods

98. Is there any latitude in CGS section 10-221p that would allow for canned fruit to be served instead of fresh or dried fruit?

No. The statute specifically calls for fresh or dried fruit. Because canned fruit is neither fresh nor dried, schools should not substitute canned fruit for fresh or dried for the purposes of meeting the requirements of CGS section 10-221p. However, the statute specifies that the healthy alternatives shall include choices other than low-fat dairy products and fresh or dried fruit. Therefore, schools may offer canned fruit *in addition to* the products specified in the statute.

99. The statute requires “low-fat dairy” as one of the required items that must be available for sale when foods are sold. Does low-fat milk count as low-fat dairy?

No. The statute specifically addresses healthy *food* products. Low-fat milk is a *beverage* and cannot be included for the purposes of meeting the statutory requirements for low-fat dairy products. Low-fat dairy products are food items and may include low-fat cheese, low-fat yogurt or low-fat cottage cheese.

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School Fundraisers

100. Our PTO sells pizza as a lunch one day per week. Does CGS section 10-221p apply to this lunch?

Yes. CGS section 10-221p specifies that when any food is available for purchase in public schools during the school day nutritious, low-fat foods shall also be made available. Therefore, when the PTO sells pizza, the nutritious low-fat foods specified in the statute must also be available for purchase.

Section 10-215b-23 of the Regulations of Connecticut State Agencies does not allow any group such as the PTO, school stores or clubs to sell or distribute any foods or beverages anywhere on the school premises from 30 minutes before the start of and up until 30 minutes after the end of the program. Any income from the sale of such foods or beverages distributed anywhere on school premises during this time frame must accrue to the food service account (see Q-30).

*Note: If the district implements the healthy food option under CGS section 10-215f, the pizza could **not** be sold to students unless it meets the Connecticut Nutrition Standards.*

101. At the high school, a fundraiser is conducted offering Krispy Kreme donuts to students and staff. The donuts must be ordered and paid for in advance, for delivery at some point in the future. How would CGS section 10-221p affect this fundraiser? Would it be at time of purchase, delivery or both?

The nutritious low-fat foods specified in the statute must be available for purchase when the donuts are being handed out to students. The intent of the statute is that when food is made *available* to students, there are also healthy alternatives. Therefore, the healthy choices do not need to be made available at the time of purchase, just at the *time of delivery*.

Section 10-215b-23 of the Regulations of Connecticut State Agencies still applies. Section 10-215b-23 specifies that any income from the sale of any foods or beverages sold or distributed anywhere on school premises from 30 minutes before the start of any state or federally subsidized milk or meal program until 30 minutes after the end of the program must accrue to the food service account (see Q-30).

Note: If the district implements the healthy food option under CGS section 10-215f, the donuts could not be sold to students because they do not meet the Connecticut Nutrition Standards. Fundraisers of food items that do not meet the Connecticut Nutrition Standards are only permitted if the board voted to allow food exemptions and the food is sold at an event meeting the three exemption conditions (see Q-33).

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4 — Resources

This section summarizes the CSDE Web pages and resources to assist schools with implementing the state beverage requirements (CGS section 10-221q), the Connecticut Nutrition Standards and healthy food certification (CGS section 10-215f).

School Foods and Beverages Web Page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>

- *Competitive Foods in Schools:*
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Federal and State Laws for Foods and Beverages in Connecticut Schools:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/NutritionLaws.pdf>
- *Healthy Food Certification Overview:*
http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Student/NutritionEd/HFC_Overview.pdf
- *Overview of Requirements for School Foods and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Overview_Statutes.pdf
- *Questions and Answers on Connecticut Statutes for School Foods and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf
- State Statutes and Regulations on School Foods and Beverages

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Beverage Requirements Web Page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418>

- *Allowable Beverages in Connecticut Schools:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf
- *Requirements for Beverages Containing Water and Juice:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Water_Juice_Beverages.pdf
- *Requirements for Beverages in Connecticut Public Schools (PowerPoint Presentation):*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Beverages.pdf>

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Connecticut Nutrition Standards Web Page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422>

- *Connecticut Nutrition Standards for Food in Schools:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>
- *Summary of Connecticut Nutrition Standards:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryCTNutritionStandards.pdf>

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Requirements for Healthy Food Certification Web Page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426>

- *Ensuring District Compliance with Healthy Food Certification:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/EnsuringDistrictCompliance_HFC.pdf
- *Fundraising with Foods and Beverages:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf>
- *Requirements for Foods and Beverages in School Stores:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/School_Stores.pdf
- *Requirements for Foods and Beverages in Vending Machines:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Vending_Machines.pdf
- *Requirements for Selling Foods and Beverages in Adult Education Programs:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Letter_1031.pdf
- *Sample Fundraiser Form:*
http://www.sde.ct.gov/sde/lib/sde/word_docs/DEPS/Student/NutritionEd/SampleFundraiserForm.doc
- *Understanding Healthy Food Certification (PowerPoint Presentation):*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Understanding_HFC.pdf

List of Acceptable Foods and Beverages Web Page

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

- *List of Acceptable Foods and Beverages:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>
- *List of Vendors Selling Healthy Foods and Beverages:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>
- *Submitting Food and Beverage Products for Approval:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf>

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Evaluating Foods for Compliance with Connecticut Nutrition Standards Web Page

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

- *Evaluating Recipes for Trans Fat:*
<http://www.sde.ct.gov/sde/lib/sde/excel/DEPS/7EvaluatingRecipesTransFat.xls>
- *Evaluating Recipes for Added Sugars:*
<http://www.sde.ct.gov/sde/lib/sde/excel/DEPS/8EvaluatingRecipesSugars.xls>
- *Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/6EvaluatingRecipes.pdf>
- *Worksheet for Assembled School-Made Entrees, e.g., Sandwiches:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Worksheet_Assembled_Entrees.pdf
- *Worksheet for Assembled School-Made Foods (Snacks and Desserts or Fruits and Vegetables):*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Worksheet_Assembled_Foods.pdf
- *Worksheet for Entrees:* <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/3WorksheetEntrees.pdf>
- *Worksheet for Cooked Grains:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/4WorksheetGrains.pdf>
- *Worksheet for Fruits and Vegetables:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/2WorksheetFruitsVeg.pdf>
- *Worksheet for Snacks and Desserts:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/1WorksheetSnacksDesserts.pdf>
- *Worksheet for School-Made Soups:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Worksheet_SchoolMade_Soups.pdf
- *Worksheet for Soups:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/5WorksheetSoups.pdf>

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Application Forms for Healthy Food Certification Web Page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424>

- *Application Procedures for Healthy Food Certification (PowerPoint Presentation):*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Application.pdf>
- *Checklist for Healthy Food Certification:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Checklist_HFcert.pdf
- *District Contact and Information Sheet:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DistrictContact.pdf>
- *Healthy Food Certification Statement:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/ED_099Add.pdf
- *Healthy Food Certification Statement Instructions:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Instr_HFcert.pdf

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Healthy Food Certification Documentation Forms and Guidance Web Page

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428>

- *Checklist for Healthy Food Certification Documentation:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HFC_Documentation_Checklist.pdf
- *Documenting Compliance with Healthy Food Certification* (PowerPoint Presentation):
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Documentation.pdf>
- *Ensuring District Compliance with Healthy Food Certification:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/EnsuringDistrictCompliance_HFC.pdf
- *Guidance for Documenting Compliance with Healthy Food Certification:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/GuidanceDocCompliance.pdf>
- *Healthy Food Certification Compliance Form:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HFCcompliance.pdf>
- *Responsibilities of District Contact Person for Healthy Food Certification:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DistrictContactResp.pdf>
- Sample Healthy Food Certification Documentation Forms

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Healthy School Environments

- *Action Guide for School Nutrition and Physical Activity Policies:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>
- *Alternatives to Food as Reward:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>
- *Guidelines for a Coordinated Approach to School Health:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726>
- *Healthy Celebrations:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>
- *Healthy Fundraising:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising.PDF
- *Healthy School Environment Resource List:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf
- *Nutrition-Related Resources:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf
- *Requirements for School Wellness Policy:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/NSLP/School_Wellness.pdf
- School Wellness Policies Web Page:
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322438>

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