

Resources for Healthy Foods and Beverages in Schools

This handout summarizes the Connecticut State Department of Education's Web pages and resources to assist schools with implementing state and federal requirements for school foods and beverages, including the federal and state competitive foods regulations, Connecticut Nutrition Standards, state beverage requirements (section 10-221q of the Connecticut General Statutes) and healthy food certification (section 10-215f of the Connecticut General Statutes).

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

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>

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>

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>

Resources for Healthy Foods and Beverages in Schools, Continued

Evaluating Foods for Compliance Web Page: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430>

- *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>
- Worksheets for Purchased Foods
- Worksheets for School-made Foods

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

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

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>



For more information, visit the CSDE Nutrition Education Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754> or contact: Susan S. Fiore, MS, RD, Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to the Equal Employment Opportunity Manager, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2101.