

Resources for Healthy Food and Beverages in Schools

The following Connecticut State Department of Education (CSDE) resources can assist schools with providing healthy foods and beverages. They are available on the CSDE Web site (Nutrition Education page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754> or the direct links listed below. Additional resources on implementing healthy food certification and the Connecticut Nutrition Standards, including handouts, worksheets and PowerPoint presentations, are available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416>.

Connecticut Nutrition Standards for Food in Schools — This document includes the complete Connecticut Nutrition Standards, rationale for development and implementation guidance. The CSDE developed the Connecticut Nutrition Standards in response to Section 10-215e of the Connecticut General Statutes, which requires the CSDE to publish a set of nutrition standards for all food items offered for sale to students separately from a school lunch or breakfast that is reimbursable under the U.S. Department of Agriculture's School Breakfast Program or National School Lunch Program. The Connecticut Nutrition Standards focus on decreasing fat, saturated fat, trans fat, sodium and added sugars, moderating portion sizes, and promoting increased consumption of nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats and legumes. They are consistent with the U.S. Dietary Guidelines, MyPyramid and recommendations from national organizations, such as the American Cancer Society, American Heart Association, American Dietetic Association and American Academy of Pediatrics. The Connecticut Nutrition Standards must be followed by all schools in any public school district that chooses to implement healthy food certification under Section 10-215f of the Connecticut General Statutes and receive additional state funding. The standards apply to all sources of food sales to students on school premises including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises, whether sponsored by the school or an outside group.

<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>

Summary of Connecticut Nutrition Standards for Food — This two-page handout summarizes the Connecticut Nutrition Standards for food sold to students separately from reimbursable meals.

<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryCTNutritionStandards.pdf>

Allowable Beverages in Connecticut Schools — This two-page handout summarizes the beverage requirements for all Connecticut public schools, as specified by Section 10-221q of the Connecticut General Statutes.

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf

Requirements for Beverages Containing Water and Juice — This two-page handout summarizes the requirements for all Connecticut public schools for the category of beverages that contain 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 — This PowerPoint presentation summarizes the state beverage requirements. <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Beverages.pdf>

Summary of Requirements for School Food and Beverages — This two-page handout summarizes 1) the beverage requirements of Section 10-221q of the Connecticut General Statutes; and 2) the Connecticut Nutrition Standards.

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryChart_NS.pdf

Questions and Answers on Connecticut Statutes for School Food and Beverages — This 27-page handout provides the answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes regarding food and beverages in schools, including healthy food certification and the Connecticut Nutrition Standards. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

Fundraising with Food and Beverages — This two-page handout summarizes the requirements for school food and beverage fundraisers under Sections 10-215f and 10-221q of the Connecticut General Statutes.

<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf>

Sample Fundraiser Form — This two-page handout provides information and a sample form (*Request Form for Food and Beverage Fundraisers*) that districts can use to review their local schools' fundraisers for compliance with the requirements of healthy food certification and the state beverage statute.

http://www.sde.ct.gov/sde/lib/sde/word_docs/DEPS/Student/NutritionEd/SampleFundraiserForm.doc

Requirements for Food and Beverages in Vending Machines — This two-page handout summarizes the state and federal legislation regarding the sale of vending machine food and beverages in all public schools.

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Vending_Machines.pdf

Requirements for Food and Beverages in School Stores — This two-page handout summarizes the state and federal legislation regarding the sale of food and beverages from school stores in all public schools.

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/School_Stores.pdf

Resources for Healthy Food and Beverages in Schools, Continued

Competitive Foods in Schools — This two-page handout summarizes the federal and state regulations and statutes for competitive foods. <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nsfp/CompetitiveFoods.pdf>

Understanding Healthy Food Certification — This PowerPoint presentation summarizes the Connecticut Nutrition Standards and the requirements of healthy food certification. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Understanding_HFC.pdf

List of Food and Beverages Meeting State Requirements — The CSDE *List of Acceptable Food and Beverages* is a brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the state requirements of Section 10-221q of the Connecticut General Statutes. Schools are encouraged to use this list to determine whether a food or beverage meets state requirements. Check the CSDE Web site for the most recent version of the list, as the CSDE updates it frequently. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432>

List of Vendors Selling Acceptable Foods and Beverages — This list includes manufacturers, brokers and vendors that sell food that meets the Connecticut Nutrition Standards and beverages that meet the requirements of state statute (Section 10-221q of Connecticut General Statutes), as listed in the CSDE *List of Acceptable Food and Beverages*. Check the CSDE Web site for the most recent version of the list, as the CSDE updates it frequently. <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>

Submitting Food and Beverage Products for Approval — This one-page handout provides information on the requirements for submitting food and beverage products to the CSDE for review of compliance with the Connecticut Nutrition Standards and the beverage requirements of state statute. <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf>

Guidance for Healthy Snacks in Schools — This document provides detailed guidance to assist schools with implementing a healthy snack program, based on the experiences of the schools that participated in the CSDE Healthy Snack Pilot from September 2003 through June 2005. The guide includes implementation steps, strategies for success and considerations for evaluating impact. *Note: The nutrition standards in this guide are obsolete. They have been replaced with the Connecticut Nutrition Standards (see description on previous page).* <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/GuidanceHealthySnacks.pdf>

Summary Data Report on Connecticut's Healthy Snack Pilot — This document provides an overview of the CSDE Healthy Snack Pilot and summarizes the results for the eight schools that participated (see *Healthy Snack Pilot Case Studies* below). Several key indicators are addressed, including meal participation, food cost and available operating funds (an indicator of the funds available to cover all other food service program expenses after food cost). <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DataReportHS Pilot.pdf>

Healthy Snack Pilot Case Studies — This document contains individual case studies for each of the eight schools that participated in the CSDE Healthy Snack Pilot. Each school case study compares data from year 1 (2003-04) to year 2 (2004-05). During year 1, no changes in food and beverage offerings were made in any of the eight schools. During year 2, five schools followed Connecticut's Healthy Snack Standards and offered only healthy snack choices (including a la carte snack sales in the cafeteria and vending machines), while three schools made no changes to snack offerings. The case studies provide a detailed description of each school's unique characteristics, including food service operations, snack items sold, pricing structure for meals and snacks, competitive foods sold and activities conducted. They also include additional data and explanations regarding the specific outcomes in each school. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CaseStudies_HS Pilot.pdf

Healthy School Environment Resource List — This extensive list of Web sites and online resources includes many topics related to promoting healthy eating and physical activity in schools, including sections on nutrition standards for foods, a la carte sales and vending, healthy fundraisers and school wellness policies. Check the CSDE Web site for the most recent version of the list, as the CSDE updates it frequently. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

For additional information on providing healthy food and beverages in schools, visit the CSDE Web Site (Nutrition Education 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.



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