

Policy Component: Nutrition Standards for School Foods and Beverages

Goal

School districts will provide students with access to a variety of affordable, nutritious and appealing foods that meet students' health and nutrition needs and accommodate ethnic and cultural food preferences. School meals will include a variety of healthy choices that meet USDA requirements and the Dietary Guidelines for Americans, and are modified, as appropriate, for special dietary needs. Districts will use the Dietary Guidelines and other appropriate nutrition guidelines to establish nutrition standards and provide clear guidance for all foods and beverages available everywhere on school grounds to encourage healthy choices for students.* The standards will focus on increasing nutrient density, decreasing fats, sodium and added sugars, and moderating portion size. Policies will encourage the consumption of nutrient-dense foods (such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts and seeds) wherever foods are sold or served at school.

Rationale

Students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them. Numerous studies have shown that students who eat breakfast and lunch at school consume a greater variety of healthy foods and more nutrients. Students consume more vegetables, drink more milk and fewer sweetened beverages, consume more grain mixtures, and eat fewer cookies, cakes and salty snacks than students who make other lunch choices. Over the past few decades, the availability of snack foods and beverages has increased at school, both in the cafeteria and through other school organizations including school stores, vending machines (e.g., soda and other sweetened beverages, snack chips and cookies) and fundraisers (e.g., candy and baked goods). These snacks are often low in nutrient density; they supply calories from added fat and/or sugar but relatively few, if any, vitamins, minerals and other nutrients. When children replace healthy meals with less nutritious snacks, they are often consuming inadequate nutrients and excess calories. When snacks of low nutrient density are consumed in addition to the school meal, children may be consuming too many calories. Nutrition standards help schools provide healthier food and beverage choices throughout the entire school environment.

Policy Recommendations

Policy recommendations for Nutrition Standards include (1) School Meals and (2) Other Foods and Beverages at School.

*This section provides **recommendations** (not requirements) for policy language for Nutrition Standards for School Foods and Beverages. This language represents recommended best practice for developing school nutrition and physical activity policies. School districts may choose to use the policy recommendations as written or revise them as needed to meet local needs and reflect community priorities. When developing nutrition and physical activity policies, districts will need to take into account their unique circumstances, challenges, opportunities and available resources. Policies should meet local needs and be adapted to the health concerns, food preferences and dietary practices of different ethnic groups.*

* In Connecticut public schools, all beverages sold to students must meet the requirements of Section 10-221q of the Connecticut General Statutes (CGS). Districts participating in healthy food certification under CGS Section 10-215f must ensure that all food sold to students separately from reimbursable meals meets the Connecticut Nutrition Standards.

Policy Recommendations for School Meals

Policy Recommendations for School Meals

Policies for school meals will address the following areas:

- Nutrition Guidelines
- Menu Planning
- Breakfast Promotion
- Special Dietary Needs

Specific guidance regarding the implementation of each policy recommendation for Nutrition Standards for School Meals follows under *Implementation Guidance for School Meals*, after this section. Resources to assist with the implementation of each policy recommendation are found in *Resources* at the end of this section.

Nutrition Guidelines

School meals shall offer varied and nutritious food choices that are consistent with USDA nutrient standards and the Dietary Guidelines (which focus on increasing fruits, vegetables and whole grains). School meals shall:

- meet, at a minimum, nutrition requirements established by local, state and federal laws and regulations;
- offer a variety of fruits and vegetables, emphasizing fresh and locally grown produce, when available;
- serve only low-fat (1%) and fat-free milk (as recommended by the Dietary Guidelines for Americans) and nutritionally equivalent nondairy alternatives as defined by the USDA, which also comply with the state beverage requirements*;
- ensure that half of the grains served are whole grain, as recommended by the Dietary Guidelines for Americans; and
- share information about the nutritional content of meals with students, families and school staff members.



* All beverages sold to students on school premises, including beverages sold as part of reimbursable school meals and a la carte sales, must also comply with Section 10-221q of the Connecticut General Statutes (see *Requirements for Beverages* on page 103).

Menu Planning

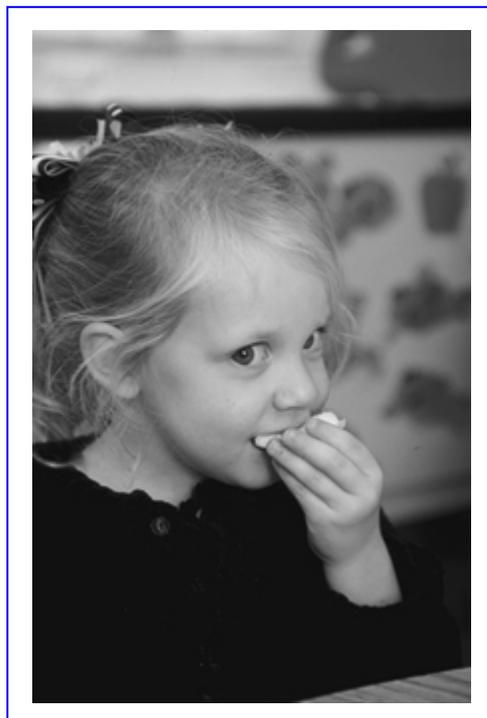
Menus shall be planned to be appealing and attractive to children. School meals shall be planned to incorporate the basic menu planning principles of balance, variety, contrast, color and eye appeal. Menus shall be planned with input from students, parents and other school personnel and shall take into account students' cultural norms and preferences. Schools shall engage students and parents, through surveys and taste-tests of new entrees, in selecting foods sold through the school meal programs in order to identify new, healthful and appealing food choices.

Policy Recommendations for School Meals

Breakfast

Districts shall help ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn. Schools will:

- to the extent possible, operate the School Breakfast Program;
- to the extent possible, arrange bus schedules and use methods to serve school breakfasts that encourage participation, including serving breakfast in the classroom, “grab-and-go” breakfast, or breakfast during morning break or recess;
- notify parents and students of the availability of the School Breakfast Program, if the school serves breakfast to students; and
- encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.



Special Dietary Needs

With appropriate medical documentation, modified meals shall be prepared for students with food allergies or other special dietary needs.

Policy Recommendations for Other Foods and Beverages

Policy Recommendations for Other Foods and Beverages

Policies for other foods and beverages at school will address the following areas:

- Food or Beverage Contracts
- Cafeteria A La Carte Sales
- Vending Machines and School Stores
- Events on School Premises
- Fundraising
- Classroom Snacks
- Access to Drinking Water
- Food Brought into School
- Celebrations and Meetings

Specific guidance regarding the implementation of each policy recommendation for Nutrition Standards for Other Foods and Beverages follows under *Implementation Guidance for Other Foods and Beverages*, after this section. Resources to assist with implementation of each policy recommendation are found in *Resources* at the end of this section.

District policy shall address nutrition standards for *all foods and beverages sold or served to students at school*, such as cafeteria a la carte sales, vending machines, school stores, concession stands, fundraisers, classroom snacks, after-school programs, events, celebrations and meetings. To support children's health and school nutrition education efforts, all beverages sold or served at school shall meet the requirements of state statute and all food sold or served at school shall meet the district's nutrition standards. The district's nutrition standards shall focus on decreasing fats, sodium and added sugars, moderating portion sizes, and shall encourage the consumption of nutrient-dense foods (such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts and seeds) throughout the school environment.

Food or Beverage Contracts

Agreements with food or vending companies to sell foods or beverages in schools shall ensure that contractors will follow the federal regulations for school nutrition programs and all applicable state statutes and regulations. Beverages shall meet the requirements of state statute and food shall meet the district's nutrition standards.*

* Districts are strongly encouraged to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirement for developing nutrition guidelines for all foods available at school. If the district implements healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. In the language above, substitute "Connecticut Nutrition Standards" for "district's nutrition standards."

Policy Recommendations for Other Foods and Beverages

Cafeteria A La Carte Sales

Foods and beverages sold a la carte in the cafeteria shall meet the federal regulations for school nutrition programs and all applicable state statutes and regulations. Beverages shall meet the requirements of state statute and food shall meet the district’s nutrition standards.*

Vending Machines and School Stores

Foods and beverages sold in vending machines and school stores shall meet the federal regulations for school nutrition programs and all applicable state statutes and regulations. Beverages shall meet the requirements of state statute and food shall meet the district’s nutrition standards.*



Events on School Premises

Foods and beverages offered or sold at any events held on school premises, regardless of whether they are sponsored by the school or an outside group, shall meet the federal regulations for school nutrition programs and all applicable state statutes and regulations. Beverages shall meet the requirements of state statute and food shall meet the district’s nutrition standards.*

Fundraising

School fundraising activities shall not involve food or beverages or shall only use foods and beverages that meet the requirements of the state beverage statute and the district’s nutrition standards.* Schools shall encourage fundraising activities that promote physical activity. The school district shall make available to students, parents, teachers and school groups a list of ideas for acceptable fundraising activities, such as healthy foods and beverages or alternate nonfood fundraisers.

* Districts are strongly encouraged to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirement for developing nutrition guidelines for all foods available at school. If the district implements healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district’s standards. In the language above, substitute “Connecticut Nutrition Standards” for “district’s nutrition standards.”

5 Nutrition Standards for School Foods and Beverages

Policy Recommendations for Other Foods and Beverages

Classroom Snacks

Classroom snacks shall feature healthy choices that meet the requirements of the state beverage statute and the district's nutrition standards.* School personnel shall not withhold student access to snacks as punishment.

Access to Drinking Water

Students and school staff members will have access to free, safe, fresh drinking water throughout the school day.

Food Brought Into School

Districts shall encourage families to pack healthy lunches and snacks and to refrain from including beverages that do not meet the requirements of the state beverage statute or foods that do not meet the district's nutrition standards.* Districts shall develop procedures to ensure that all food brought from home to be shared with other students is safe.

Celebrations and Meetings

Districts shall limit celebrations and meetings at school that involve food. Foods and beverages served at school celebrations and meetings shall feature healthy choices that meet the requirements of the state beverage statute and the district's nutrition standards.* Nonfood celebrations shall be promoted. The district shall disseminate a list of ideas to parents and teachers, including healthy food and beverage choices and alternative activities for classroom parties (e.g., increased recess time instead of a class party).

* Districts are strongly encouraged to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirement for developing nutrition guidelines for all foods available at school. If the district implements healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. In the language above, substitute "Connecticut Nutrition Standards" for "district's nutrition standards."

Implementation Guidance for School Meals

Nutrition Guidelines

USDA Requirements: Schools must ensure that reimbursable school meals meet the program requirements and nutrient standards specified by the U.S. Department of Agriculture’s (USDA) regulations for school meals (7 CFR Part 210 and Part 220), as well as all state and local requirements. All beverages sold as part of reimbursable school meals must comply with USDA requirements and the state beverage statute (see *Requirements for Beverages* on page 103). The school nutrition program should ensure that all students have affordable access to the varied and nutritious foods they need to stay healthy and learn well. Schools should strive to increase participation in USDA Child Nutrition Programs (e.g., National School Lunch Program, School Breakfast Program, After-School Snack Program and Summer Food Service Program).

*USDA School Wellness Policy regulations require that districts provide an assurance that **guidelines for school meals are not less restrictive than those set by the U.S. Department of Agriculture.***

School meals must meet USDA nutrient standards, as specified in the federal regulations. The nutrient standards specify the levels of nutrients that school meals must meet, as averaged over a week. More information on the nutrition requirements for school meals can be found in the resources listed below, and in *Menu Planning and Recipes, School Breakfast Program, School Lunch Program* and *State and Federal Requirements* under *Resources* at the end of this section.

- *A Menu Planner for Healthy School Meals*, U.S. Department of Agriculture:
<http://www.fns.usda.gov/tn/Resources/menuplanner.html>
- *Food Buying Guide for Child Nutrition Programs*, U.S. Department of Agriculture:
<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>
- *Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)*:
http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf
- *USDA Regulations for the National School Lunch Program and School Breakfast Program*:
<http://www.fns.usda.gov/cnd/governance/regulations.htm>

Dietary Guidelines: Menus should support and reinforce the Dietary Guidelines for Americans. The Dietary Guidelines encourage increased consumption of nutrient-dense foods and beverages, such as fruits, vegetables, whole grains and low-fat or nonfat dairy products, while limiting levels of cholesterol, fat, saturated fat, trans fat, sodium and added sugars. Information on the Dietary Guidelines can be found at <http://www.healthierus.gov/dietaryguidelines/>.

- **Fruits and Vegetables:** Schools are encouraged to increase the variety of fresh fruits and vegetables available in school meals. To the extent possible, schools should offer at least two different non-fried vegetables and two different fruit options each day and offer five different fruits and five different vegetables over the course of a week. Schools are also encouraged to serve fresh fruits and vegetables from local farmers when possible. Schools are encouraged to make fruits and vegetables readily available and use merchandising techniques to promote consumption. Useful resources to assist with planning, preparing and promoting fruits and vegetables in school meals are listed below. Additional resources are found in *Fruits and Vegetables* and *Farm to School* under *Resources* at the end of this section.

5 Nutrition Standards for School Foods and Beverages

Implementation Guidance for School Meals

- ♦ *Fruits & Vegetables Galore* (U.S. Department of Agriculture): http://www.fns.usda.gov/tn/Resources/fv_galore.html
- ♦ *Promoting Fruits and Vegetables in Schools: Wellness Policy Opportunities* (Produce for Better Health Foundation): <http://www.pbhfoundation.org/pulse/policy/programs/>

- **Whole-Grain Foods:** The Dietary Guidelines recommend that children consume whole grains often; at least half of the recommended daily servings of grains should be whole grains. A whole-grain food is one labeled as a whole-grain product or with a whole grain as the primary or first ingredient in the product's ingredient label. Whole grains are those grains or foods that are made with the entire grain seed (kernel), including the endosperm, bran and germ.

Whole-grain products (such as whole-wheat bread and brown rice) provide more vitamins, minerals and fiber than refined enriched products (such as white bread and white rice). Examples of whole-grain products include whole-wheat flour, cracked wheat, brown rice, and oatmeal. Food product labels may also contain the whole-grain health claim: "*Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers.*" Foods that bear the whole-grain health claim must contain 51 percent or more whole grains by weight, and be low in fat. Information on whole grains can be found in the resources below.



- ♦ MyPyramid, USDA: <http://www.mypyramid.gov/pyramid/grains.html>
- ♦ Whole Grains Council: <http://www.wholegrainscouncil.org/>
- **Low-Fat and Nonfat Dairy:** Low-fat and nonfat dairy products, including yogurt, milk and cheese, provide a significant amount of calcium and other needed nutrients while helping to lower students' fat and saturated fat consumption. Whole and 2 percent milk are major sources of saturated fat in children's diets. School-age children generally do not need the added fat calories from whole or 2 percent milk. Schools are encouraged to help students learn preferences for low-fat and nonfat (skim) milk. The resources below can assist schools with promoting low-fat dairy products.
 - ♦ *1% or Less School Kit*, Center for Science in the Public Interest: <http://www.cspinet.org/nutrition/1less.htm>
 - ♦ *Dairy and School Wellness*, National Dairy Council: <http://www.nationaldairycouncil.org/NR/rdonlyres/D1C89637-176D-4BCD-93DA-776C8B6435A2/0/DairyandSchoolWellnessFactSheet.pdf>

Implementation Guidance for School Meals

- **Nondairy Alternatives:** Nondairy beverages (e.g., soy milk or rice milk) offered as fluid milk substitutes for children with medical or other special dietary needs must be nutritionally equivalent to fluid milk and provide specific levels of calcium, protein, vitamins A and D, magnesium, phosphorus, potassium, riboflavin and vitamin B₁₂. All substitutions of nondairy beverages must follow the requirements for accommodating special dietary needs outlined by the USDA. Additional information on fluid milk substitutions can be found in the following resources:
 - ♦ *Fluid Milk Substitutions in the School Nutrition Programs*, U.S. Department of Agriculture, 2008: <http://www.fns.usda.gov/cnd/governance/regulations/finalrule-milk.pdf>
 - ♦ *Final Rule on Fluid Milk Substitutions, Operational Memorandum 03-09*, Connecticut State Department of Education, November 14, 2008: http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM_03_09.pdf
 - ♦ *Accommodating Special Dietary Needs: Guidance for School Nutrition Programs*, Connecticut State Department of Education, Revised March 2008: (<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/AccommodatingSpecialDiets.pdf>)

Sharing Nutrition Information: Schools should make information available on the nutritional content of meals and other foods and beverages sold to students, families and school staff members. Nutrition information could be made available on menus, in school newsletters, on a school Web site, at PTA/PTO meetings and parent open houses, and on cafeteria menu boards, placards or other point-of-purchase materials. For additional information on communicating with families, see *Engaging Families* in Section 7 – *Communication and Promotion*.

Implementation Guidance for School Meals

Menu Planning

Input from the school community, including students, parents and school staff members, is important to the menu planning process. The school community is the customer base of the school food service program, so menus should be planned to reflect local preferences. School meals also provide an opportunity to reflect and celebrate ethnic communities through preparation techniques and use of food products. The USDA's Food and Nutrition Information Center maintains a list of ethnic and cultural food resources at <http://www.nal.usda.gov/fnic/etext/000010.html>. These resources can assist school food service programs with planning menus to address the food preferences of the local community.

Surveys can assist the school food service program with identifying customer satisfaction and providing ideas for new menu items. The National Food Service Management Institute has several surveys available at <http://www.nfsmi.org/> (click on "Resource Center" and scroll down to "NFSMI Resource Guide"). Additional information on surveys is found under *Resources* in *Section 8 – Measurement and Evaluation*.

Students, parents and school staff members can also be involved in taste-testing new food items or recipes. For example, school food service personnel can:

- work with teachers and students in family and consumer sciences classes or culinary arts classes to prepare and taste new recipes;
- provide samples of new food items and recipes on the cafeteria serving lines; and
- provide samples of menu items at parent meetings, orientations and open houses.

Additional resources on menu planning can be found in *Menu Planning and Recipes* under *Resources* at the end of this section. Additional information on engaging students in school nutrition programs can be found in *Engaging Students* in *Section 7 – Communication and Promotion*. Additional information on engaging parents and families can be found in *Engaging Families* in *Section 7 – Communication and Promotion*.

Breakfast

Breakfast consumption is clearly linked to academic achievement. Children who eat breakfast have higher test scores, work faster, make fewer errors and are more creative. They also behave better in school, are less likely to have disciplinary problems, are more cooperative and get along better with classmates. Breakfast eaters are healthier, have improved attendance and are less likely to visit the school nurse. Children who eat breakfast also have higher consumption of needed nutrients than those who don't.

Encouraging Breakfast Consumption: All students should start the day with a healthy breakfast, whether at home or at school. Districts are encouraged to promote breakfast consumption to students and families. *Breakfast: Key to Academic Excellence*, a handout that addresses the relationship of breakfast and learning, can help schools with these efforts.

- *Breakfast: Key to Academic Excellence*, Connecticut State Department of Education and New England Dairy and Food Council, 2002. Two handouts to promote the importance of eating breakfast: B1-Home is for schools without breakfast program and B2-School is for schools with a breakfast program. <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&Q=320662#Resources>.

Implementation Guidance for School Meals

School Breakfast Program: Schools are encouraged to participate in the USDA School Breakfast Program. Information on the requirements for the School Breakfast Program can be obtained at <http://www.fns.usda.gov/cnd/Breakfast/Default.htm> or by contacting the SDE's Bureau of Health/Nutrition, Family Services and Adult Education.

Schools should consider methods of nontraditional breakfast service to increase participation, such as breakfast served in the classroom, breakfast bags distributed to students or a breakfast after first period program. The resources listed below can help schools increase breakfast participation through alternate serving methods.

- *Discover School Breakfast Toolkit*, U.S. Department of Agriculture: <http://www.fns.usda.gov/cnd/breakfast/toolkit/Default.htm>
- *Expanding Breakfast*, National Dairy Council: http://www.nutritionexplorations.org/sfs/programs_breakfast.asp
- *Expanding Breakfast*, New England Dairy and Food Council: <http://www.newenglanddairyCouncil.org/snp/expanding-breakfast.html>
- *Expanding Breakfast Fact Sheets*, National Dairy Council: http://www.nutritionexplorations.org/sfs/programs_breakfast_factsheets.asp
- *Expanding Breakfast Manual and Video Kit, Second Edition*, School Nutrition Association: <http://www.schoolnutrition.org/Content.aspx?id=1482>

Additional resources to help schools implement a School Breakfast Program and promote student breakfast consumption are found in *Breakfast* under *Resources* at the end of this section.

Special Dietary Needs

For schools participating in USDA Child Nutrition Programs, USDA regulations require substitutions or modifications in meals for children who are considered disabled under Section 504 of the Rehabilitation Act of 1973 or the Individuals with Disabilities Education Act (IDEA) and whose disabilities restrict their diet, when the need is certified by a licensed physician. Substitutions are also required when a physician determines that a child's severe medical condition requires specific dietary modifications, even if the child is not considered disabled under Section 504 or IDEA.

School food service programs may (but are not required to) make food substitutions for children who are not disabled but who are medically certified as having a special medical or dietary need. These substitutions may be made on a case-by-case basis and must be documented by a statement signed by a recognized medical authority, including physicians, physician assistants, doctors of osteopathy and advanced practice registered nurses (APRN). The school nurse and food service personnel should communicate closely to implement meal plans for children with special dietary needs.

Specific procedures for handling meal accommodations for children with food allergies and other special dietary needs can be obtained by contacting the SDE's Bureau of Health/Nutrition, Family Services and Adult Education. Information regarding USDA requirements can be found in the SDE's *Accommodating Special Dietary Needs: Guidance for School Nutrition Programs* (<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/AccommodatingSpecialDiets.pdf>) and the USDA's *Accommodating Children with Special Dietary Needs in the School Nutrition Programs: Guidance for School Food Service Staff* (http://www.fns.usda.gov/cnd/Guidance/special_dietary_needs.pdf). For more information, see *Special Diets* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Implementation Guidance for Other Foods and Beverages

Developing District Nutrition Standards

Federal law for School Wellness Policy (Public Law 108-265) requires that districts must develop nutrition guidelines or standards for all foods available at school during the school day. This includes all venues where food is sold or served to students at school, such as cafeteria a la carte sales, vending machines, school stores, fundraisers, classroom parties, meetings, events and other activities on school premises.

*USDA School Wellness Policy law requires that districts include **nutrition guidelines for all foods available on the school campus during the school day**, with the objectives of promoting student health and reducing childhood obesity.*

Nutrition standards are guidelines for the nutritional content of foods and beverages. They provide objective criteria to determine which foods and beverages can and cannot be offered on school premises. As part of the School Wellness Policy, districts can use nutrition standards to increase healthy options and limit less healthy choices wherever food is available at school, for example:

- requiring that schools offer fruits and vegetables anytime snacks are available;
- requiring that whenever grain products are served, at least half are whole grain;
- allowing only low-fat or nonfat milk;
- specifying limits for the amount of fats (total, saturated and trans), sodium and added sugars per serving;
- specifying portion size limits;
- prohibiting ingredients with questionable health effects, such as caffeine and high fructose corn syrup; and
- eliminating deep-fried foods.

District-developed nutrition standards should be based on current nutrition science and national health recommendations. Undocumented approaches to nutrition standards are not appropriate as school policy.

The SDE strongly recommends that districts use the Connecticut Nutrition Standards as their nutrition standards. The Connecticut Nutrition Standards are based on current nutrition science and national health recommendations from the Dietary Guidelines for Americans, MyPyramid and national organizations, such as the National Academy of Sciences' Institute of Medicine, American Cancer Society, American Heart Association, American Dietetic Association and American Academy of Pediatrics. They were developed by a committee of nutrition and health professionals and are supported by 28 health and education organizations in Connecticut (see *Connecticut Nutrition Standards* on page 105.)

If the district has chosen to implement healthy food certification under Section 10-215f of the Connecticut General Statutes, the Connecticut Nutrition Standards *must* be the district's standards. Healthy food certification requires that all public school districts participating in the National School Lunch Program must certify annually to the SDE whether all food items sold to students separately from a reimbursable school breakfast or lunch will or will not comply with the Connecticut Nutrition Standards. (For more information, see *Federal and State Laws Pertaining to Nutrition and Physical Activity* in Section 2 – Steps for Creating Local Policy.)

Implementation Guidance for Other Foods and Beverages

If the district is not implementing healthy food certification, the Connecticut Nutrition Standards are strongly encouraged, but not required. **However, the district must still develop local nutrition standards in order to meet the federal School Wellness Policy requirements.** These standards must specify the nutrition criteria for determining what food and beverages can be sold and served on school premises.

Regardless of whether the district chooses to use the Connecticut Nutrition Standards or develop its own, public schools must comply with all applicable state statutes and regulations regarding food and beverages. The district's School Wellness Policy must be in compliance with the following:

- **CGS Section 10-221q** (see page 24) requires that any beverages sold to students in public schools must meet the statutory requirements at all times and from all sources including, but not limited to, cafeterias, vending machines, school stores and any fundraising activities on school premises (see *Requirements for Beverages* on page 103).
- **CGS Section 10-221p** (see page 24) 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. These foods include, but are not limited to, low-fat dairy products and fresh or dried fruit. Additional guidance on this requirement can be found in the SDE's *Questions and Answers on Connecticut Statutes for School Food and Beverages* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.
- **Section 10-215b-1 of the Regulations of Connecticut State Agencies** (see page 25) prohibits the sale or dispensing of candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk 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. *Note: If the district implements healthy food certification, candy cannot be sold to students on school premises at any time, unless the board votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f* (see page 25 and *Connecticut Nutrition Standards* on page 105).
- **Section 10-215b-23 of the Regulations of Connecticut State Agencies** (see page 25) specifies that the income from any food or beverages sold to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or milk 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 nonprofit food service account. Any food and beverage sales held anywhere on school premises during this time frame (including beverages that meet the requirements of state statute and food that meets the Connecticut Nutrition Standards) must comply with this regulation.

All food and beverage sales must also comply with the federal competitive food services regulation (see *Competitive Foods* on page 111). For additional information on the requirements specified above, see *Federal and State Laws Pertaining to Nutrition and Physical Activity in Section 2 – Steps for Creating Local Policy*. Additional resources can be found in *Connecticut's Healthy Food Certification* and *State and Federal Requirements* under *Resources* at the end of this section.

The appropriateness of policy language for foods and beverages depends on many factors, such as whether the district allows beverage exemptions under CGS Section 10-221q and whether the district implements healthy food certification under CGS Section 10-215f. Due to the complex nature of writing policy language that complies with all federal and state requirements for school food and beverages, districts are encouraged to contact the SDE for specific guidance based on local circumstances.

Implementation Guidance for Other Foods and Beverages

Food or Beverage Contracts

The school district must evaluate all agreements with food or vending companies to sell foods or beverages in schools for compliance with the federal regulations for school nutrition programs and all applicable state statutes and regulations. Contractors must comply with all federal and state requirements and be subject to district auditing processes. The district maintains the responsibility for administering the contract and for meeting all USDA and state requirements.

Beverages

All contracts for beverages sold at school, including beverages sold as part of reimbursable school meals and a la carte sales, must meet the requirements of CGS Section 10-221q at all times. Beverages that do not meet the requirements of state statute can only be sold to students on school premises if the local board of education votes to allow exemptions for beverage sales that meet the criteria of CGS Section 10-221q (see page 24 and *Requirements for Beverages* on page 103).

All contracts for school meals must ensure that beverages meet the requirements of state statute and the federal regulations for school meal programs. Milk and 100 percent juice are the only beverages that meet the specific USDA meal pattern requirements (fluid milk component and vegetable/fruit component, respectively) for reimbursable meals. Federal regulations require that:

- Juice must be 100 percent juice and can be fruit juice, vegetable juice or a combination of fruit and/or vegetable juices.
- Schools must offer students fluid milk in a variety of fat contents. Schools may offer flavored or unflavored milk and lactose-free fluid milk. All milk must meet state and local standards and must be pasteurized fluid milk with vitamins A and D at levels specified by the Food and Drug Administration.
- Nondairy beverages (e.g., soy milk or rice milk) offered as fluid milk substitutes for children with medical or other special dietary needs must meet the nutrition requirements defined by the USDA (see *Nondairy Alternatives* under *Implementation Guidance for School Meals* on page 83).

A brand-specific list of beverages that meet state and federal requirements is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Food

All contracts for food sold to students at school must meet the federal requirements for school nutrition programs (see *USDA Requirements* on page 81) and the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow the state nutrition standards (see *Connecticut Nutrition Standards* on page 105). To ensure consistency with current nutrition science and national health recommendations, the SDE strongly encourages districts to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirements.

If the district has chosen to implement healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards, and must be followed by all contractors. Food items that do not meet Connecticut Nutrition Standards can only be sold to students on school premises if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see page 24 and *Connecticut Nutrition Standards* on page 105).

Implementation Guidance for Other Foods and Beverages

Food contracts must also comply with the state and federal competitive foods regulations. In compliance with Section 10-215b-1 of the Regulations of Connecticut State Agencies and the federal competitive food services regulation, candy (including sugarless candy) cannot be sold or dispensed to students anywhere on school premises from 30 minutes before the start of any USDA meal or milk 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. To provide consistent health messages for students, the SDE strongly encourages districts to ensure that food contracts prohibit the sale of candy on school premises at all times, or at least during the entire school day. If the district implements healthy food certification, candy can only be sold to students if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105).

In compliance with Section 10-215b-23 of the Regulations of Connecticut State Agencies, the income from any food or beverages sold anywhere on school premises from 30 minutes before until 30 minutes after the end of any school nutrition program must accrue to the nonprofit food service account. This applies to all school groups and outside organizations selling food and beverages on school premises during this time frame.

In compliance with CGS Section 10-221p, whenever any foods are sold on school premises, nutritious low-fat foods must also be available for sale at the same time. These foods include, but are not limited to, low-fat dairy products and fresh or dried fruit. For additional guidance on this requirement, see the SDE handout, *Questions and Answers on Connecticut Statutes for School Food and Beverages*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.

Food and beverages sold through contracts must also comply with the federal competitive food services regulation (see *Competitive Foods* on page 111) and all other applicable state statutes and regulations, including lunch periods and food safety (see *Federal and State Laws Pertaining to Nutrition and Physical Activity* in Section 2 – *Steps for Creating Local Policy*).

For information on the requirements for cafeteria a la carte sales and vending machines, see *Cafeteria A La Carte Sales* on page 90 and *Vending Machines and School Stores* on page 92. For information on the requirements for school meals, see *Implementation Guidance for School Meals* on page 81. Additional information can be found in the following resources:

- *A Menu Planner for Healthy School Meals:*
<http://www.fns.usda.gov/tn/Resources/menuplanner.html>
- *Allowable Beverages in Connecticut Schools:* http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf
- *Competitive Foods in School Nutrition Programs:*
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Contracting with a Food Service Management Company:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320668>
- *Questions and Answers on Connecticut Statutes for School Food and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf
- *List of Acceptable Food and Beverages:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>

Additional resources can be found in *Connecticut's Healthy Food Certification* and *State and Federal Requirements* under *Resources* at the end of this section.

5 Nutrition Standards for School Foods and Beverages

Implementation Guidance for Other Foods and Beverages

Cafeteria A La Carte Sales

Cafeteria a la carte sales are those foods and beverages that are sold separately from reimbursable breakfasts and lunches provided through the USDA school meal programs. Cafeteria a la carte sales must comply with all applicable federal regulations and state statutes and regulations. Districts contracting with a food service management company maintain the responsibility for ensuring that all food and beverage sales meet these requirements (see *Food or Beverage Contracts* on page 88).

Beverages

All beverages sold in the cafeteria must meet both the requirements of CGS 10-221q (see *Requirements for Beverages* on page 103) and the federal regulations for school meal programs (see *Beverages* under *Food and Beverage Contracts* on page 88). Beverages that do not meet the requirements of state statute can **never** be sold a la carte in the cafeteria. The state statute allows exemptions only for beverages sold at the location of events that occur *after the school day or on the weekend*, provided they are not sold from a vending machine or school store. Prohibited beverages include sports drinks, energy drinks, coffee (regular, decaffeinated and iced), tea (regular, herbal and iced), hot chocolate, soda (regular and diet), and any other beverages that do not meet the statutory requirements. A brand-specific list of beverages that meet the requirements of state statute is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Food

A la carte foods sold in the cafeteria must meet the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow the state nutrition standards (see *Connecticut Nutrition Standards* on page 105). To ensure consistency with current nutrition science and national health recommendations, the SDE strongly encourages districts to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirements.

If the district has chosen to implement healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. Food not meeting the Connecticut Nutrition Standards can **never** be sold a la carte in the cafeteria. The state statute allows exemptions only for food sold at the location of events that occur *after the school day or on the weekend*, provided it is not sold from a vending machine or school store. A brand-specific list of commercially available food items that meet the Connecticut Nutrition Standards is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>. Districts are responsible for determining that any school-made food sold a la carte meets the Connecticut Nutrition Standards (see *Determining Compliance of Food Items* on page 105).



Regardless of whether the district chooses to implement healthy food certification, candy (including sugarless candy) can **never** be sold during school nutrition programs in the cafeteria. In compliance with Section 10-215b-1 of the Regulations of Connecticut State Agencies and the federal competitive food services regulation, candy cannot be sold or dispensed to students anywhere on

Implementation Guidance for Other Foods and Beverages

school premises from 30 minutes before the start of any USDA meal or milk 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. To provide consistent health messages for students, the SDE strongly encourages districts to prohibit the sale of candy on school premises at all times, or at least during the entire school day. If the district implements healthy food certification, candy can only be sold to students if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105).

In compliance with Section 10-215b-23 of the Regulations of Connecticut State Agencies, the income from any food or beverages sold anywhere on school premises from 30 minutes before until 30 minutes after the end of any school nutrition program must accrue to the nonprofit food service account. This applies to all school groups and outside organizations selling food and beverages on school premises during this time frame.

A la carte sales of food and beverages in the cafeteria must also comply with the federal competitive food services regulation (see *Competitive Foods* on page 111).

In compliance with CGS Section 10-221p, whenever a la carte foods are sold in the cafeteria, nutritious low-fat foods must also be available for sale at the same time. These foods include, but are not limited to, low-fat dairy products and fresh or dried fruit. For additional information on how this statute applies to cafeteria a la carte foods and school meals, see the SDE handout, *Questions and Answers on Connecticut Statutes for School Food and Beverages*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.

Additional information on cafeteria a la carte sales can be found in the following SDE resources:

- *Allowable Beverages in Connecticut Schools:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf
- *Competitive Foods in School Nutrition Programs:*
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Questions and Answers on Connecticut Statutes for School Food and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf
- *List of Acceptable Food and Beverages:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>

For a summary of the federal and state requirements regarding food and beverages, see *Federal and State Laws Pertaining to Nutrition and Physical Activity* in Section 2 – *Steps for Creating Local Policy*. For additional resources, see *A La Carte Sales and Vending, Connecticut's Healthy Food Certification* and *State and Federal Requirements* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Vending Machines and School Stores

Foods and beverages sold in vending machines and school stores must comply with all federal regulations for school nutrition programs and all applicable state statutes and regulations. Districts contracting with a vending operator maintain the responsibility for ensuring that all food and beverage sales meet these requirements (see *Food or Beverage Contracts* on page 88).

Beverages

All beverages sold in vending machines and school stores must **always** meet the requirements of CGS Section 10-221q (see page 24 and *Requirements for Beverages* on page 103). The state beverage statute specifically prohibits vending machines and school stores from ever selling any beverages that are not included in the five allowable categories. Prohibited beverages include sports drinks, energy drinks, coffee (regular, decaffeinated and iced), tea (regular, herbal and iced), hot chocolate, soda (regular and diet), and any other beverages that do not meet the statutory requirements. A brand-specific list of beverages that meet state requirements is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Food

Food sold in vending machines and school stores must meet the district's nutrition standards. Districts may choose to develop their own nutrition standards or may follow the state nutrition standards (see *Connecticut Nutrition Standards* on page 105). To ensure consistency with current nutrition science and national health recommendations, the SDE strongly encourages districts to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirements.

If the district has chosen to implement healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. Food not meeting the Connecticut Nutrition Standards can **never** be sold to students from a vending machine or school store under any circumstances. The provision under CGS Section 10-215f allowing the board of education to vote to allow food exemptions does *not* apply to food sold in vending machines and school stores.

In compliance with Section 10-215b-1 of the Regulations of Connecticut State Agencies and the federal competitive food services regulation, candy (including sugarless candy) cannot be sold or dispensed to students in vending machines or school stores from 30 minutes before the start of any USDA meal or milk 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. To promote consistent health messages for students, the SDE strongly encourages districts to prohibit the sale of candy from vending machines and school stores at all times, or at least during the entire school day. If the district implements healthy food certification, candy can **never** be sold to students from a vending machine or school store.

In compliance with Section 10-215b-23 of the Regulations of Connecticut State Agencies, the income from any food or beverages sold in vending machines and school stores during the time frame of 30 minutes before until 30 minutes after the school nutrition programs must accrue to the nonprofit food service account. If an entity other than the school food service program operates and receives income from vending machines, the vending machines must be shut off or unavailable to students during this time frame. School stores must also be closed during this time frame, unless they do not sell any food or beverages.

Implementation Guidance for Other Foods and Beverages

Food and beverages sold in vending machines and school stores must also comply with the federal competitive food services regulation (see *Competitive Foods* on page 111).

In compliance with CGS Section 10-221p, whenever food is sold in vending machines or school stores during the regular school day, nutritious low-fat foods must also be available for sale at the same time, either from the vending machine or school store, or elsewhere in the school. These foods include, but are not limited to, low-fat dairy products and fresh or dried fruit. For additional guidance on this requirement, see the SDE handout, *Questions and Answers on Connecticut Statutes for School Food and Beverages*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.

Additional information on the requirements for vending machines and school stores can be found in the following SDE resources:

- *Allowable Beverages in Connecticut Schools:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf
- *Competitive Foods in School Nutrition Programs:*
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Questions and Answers on Connecticut Statutes for School Food and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf
- *Requirements for Food and Beverages in School Stores:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/School_Stores.pdf
- *Requirements for Food and Beverages in Vending Machines:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Vending_Machines.pdf
- *List of Acceptable Food and Beverages:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>

For a summary of the federal and state requirements regarding food and beverages, see *Federal and State Laws Pertaining to Nutrition and Physical Activity in Section 2 – Steps for Creating Local Policy*. For additional resources, see *A La Carte Sales and Vending*, *Healthy Fundraisers and School Stores*, *Connecticut's Healthy Food Certification* and *State and Federal Requirements* under Resources at the end of this section.

Implementation Guidance for Other Foods and Beverages

Events on School Premises

Foods and beverages sold and served at events on school premises must comply with all federal regulations for school nutrition programs and all applicable state statutes and regulations, regardless of whether the event is sponsored by the school or an outside organization. An event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not. (Nutrition standards for meetings and practices are addressed in the policy recommendations for *Celebrations and Meetings* on page 80.)

Beverages

While federal legislation for School Wellness Policy requires that nutrition guidelines apply during the *school day*, the state beverage statute supersedes this time frame because it applies at *all times*. All beverages sold to students at events on school premises must meet the requirements of state statute at all times, unless the local board of education votes to allow exemptions for beverage sales that meet the criteria of CGS Section 10-221q (see page 24 and *Requirements for Beverages* on page 103). A brand-specific list of beverages that meet state requirements is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

The state beverage statute applies to the *sale* of beverages to students, not to beverages that are *given at no charge* to students at events on school premises.* However, the SDE strongly encourages districts to provide students with consistent health messages by also applying the state beverage requirements to beverages that are given to students at school, and extending the time frame to include events held on school premises *after* the school day.

Food

The federal law for School Wellness Policy (Public Law 108-265) requires that districts develop nutrition guidelines for all foods available at school during the school day. Therefore, all food sold and served to students at events on school premises during the school day must meet the district's nutrition standards. The SDE strongly encourages districts to extend this time frame to also include events held on school premises *after* the school day.

If the district chooses not to apply the district's nutrition standards to events held after the school day (such as sports competitions, school concerts and dances), organizations should be encouraged to include at least some healthy food and beverage choices in their offerings. It is recommended that groups market these healthy options at a lower profit margin to encourage selection by students.

Districts may choose to develop their own nutrition standards or may follow the state nutrition standards (see *Connecticut Nutrition Standards* on page 105). To ensure consistency with current nutrition science and national health recommendations, the SDE strongly encourages districts to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirements.

If the district has chosen to implement healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. While federal legislation for School Wellness Policy requires that districts include nutrition guidelines for all foods available during the *school day*, for districts implementing healthy food certification, the Connecticut Nutrition Standards apply at *all times*. Therefore, they supersede the time frame specified by the federal School Wellness

* If a fee is collected to cover the cost of beverages "given" to students at events on school premises, then the beverages are being sold to students and *must* meet the beverage requirements of state statute. A brand-specific list of beverages that meet the requirements of state statute is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Implementation Guidance for Other Foods and Beverages

Policy requirements. Food items that do not meet the Connecticut Nutrition Standards can only be sold to students on school premises if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105). If exemptions are not allowed, the district is responsible for evaluating all food (commercial and school-made) that will be sold at events for compliance with the Connecticut Nutrition Standards (see *Determining Compliance of Food Items* on page 105).

The statutory requirements apply to the *sale* of food, not to food that is *given at no charge* to students at events* However, the SDE strongly encourages districts to provide students with consistent health messages by applying the Connecticut Nutrition Standards to *all* food that is available to students on school premises.

In compliance with Section 10-215b-1 of state regulations and the federal competitive food services regulation, candy (including sugarless candy) cannot be sold or dispensed to students anywhere on school premises from 30 minutes before the start of any USDA meal or milk program until 30 minutes after the end of the program (see *Competitive Foods* on page 111). To promote consistent health messages for students, the SDE strongly encourages districts to prohibit the sale and serving of candy at events on school premises at all times, or at least during the entire school day. If the district implements healthy food certification, candy can only be sold to students at events on school premises if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105).

In compliance with Section 10-215b-23 of the Regulations of Connecticut State Agencies, the income from any food or beverages sold at events on school premises during the time frame of 30 minutes before until 30 minutes after the school nutrition programs must accrue to the nonprofit food service account.

In compliance with CGS Section 10-221p, whenever food is sold at events held during the regular school day, nutritious low-fat foods must also be available for sale at the same time. These foods include, but are not limited to, low-fat dairy products and fresh or dried fruit. For additional guidance on this requirement, see the SDE handout, *Questions and Answers on Connecticut Statutes for School Food and Beverages*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.

For additional information, see the following SDE resources:

- *Competitive Foods in School Nutrition Programs*:
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Healthy Celebrations*:
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>
- *Questions and Answers on Connecticut Statutes for School Food and Beverages*:
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf
- *List of Acceptable Food and Beverages*:
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>

For a summary of the federal and state requirements regarding food and beverages, see *Federal and State Laws Pertaining to Nutrition and Physical Activity* in Section 2 – Steps for Creating Local Policy. For additional resources, see *Connecticut's Healthy Food Certification* and *State and Federal Requirements* under Resources at the end of this section.

* If a fee is collected to cover the cost of food "given" to students at events on school premises, then the food is being sold to students. Therefore, if the district implements healthy food certification, the food *must* meet the Connecticut Nutrition Standards. A brand-specific list of food items that meet the Connecticut Nutrition Standards is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

5 *Nutrition Standards for School Foods and Beverages*

Implementation Guidance for Other Foods and Beverages

Fundraising

Food and beverage fundraisers held on school premises must comply with all applicable state statutes and state and federal regulations.

Beverages

All beverages sold to students as fundraisers on school premises must meet the requirements of state statute at all times, unless the local board of education votes to allow exemptions for beverage sales that meet the criteria of CGS Section 10-221q (see page 24 and *Requirements for Beverages* on page 103). The state beverage statute does not apply to fundraisers held off school premises.* A brand-specific list of beverages that meet state requirements is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Food

The federal law for School Wellness Policy (Public Law 108-265) requires that districts develop nutrition guidelines for all foods available at school during the school day. Therefore, food sold as fundraisers on school premises during the school day must meet the district's nutrition standards. The SDE strongly encourages districts to extend this time frame to also include fundraisers held on school premises *after* the school day.

Districts may choose to develop their own nutrition standards or may follow the state nutrition standards (see *Connecticut Nutrition Standards* on page 105). To ensure consistency with current nutrition science and national health recommendations, the SDE strongly encourages districts to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirements.

If the district has chosen to implement healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. Food fundraisers held on school premises must meet the Connecticut Nutrition Standards and be conducted in compliance with all statutory requirements of healthy food certification. Food items that do not meet the Connecticut Nutrition Standards can only be sold to students as fundraisers on school premises if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105). The Connecticut Nutrition Standards do not apply to fundraisers held off school premises.*

Regardless of whether the district implements healthy food certification, all food and beverage fundraisers sold to students on school premises must comply with Section 10-215b-1 of state regulations and the federal competitive food services regulation. Candy (including sugarless candy) cannot be sold or dispensed to students anywhere on school premises from 30 minutes before the start of any USDA meal or milk program (National School Lunch Program, School Breakfast Program,

* The state beverage statute and Connecticut Nutrition Standards do not apply to fundraisers held off school premises. Students can take home fundraising fliers and catalogs and sell beverages or food (such as soda, cakes, pies, candy and cookie dough) to anyone off school premises. However, if the student is involved in delivering money to school for the foods/beverages *and* picking up the foods/beverages at school, the fundraiser is selling foods/beverages to students on school premises and is not allowed. For the fundraiser to comply with CGS Sections 10-221q and 10-215f, it must be structured so that parents or other adults pick up the foods/beverages instead of students. This must be clearly indicated on the fundraising flier and any written communication regarding the fundraiser.

Implementation Guidance for Other Foods and Beverages

After-School Snack Program and Special Milk Program) until 30 minutes after the end of the program. If the district implements healthy food certification, candy can only be sold to students if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105).

To promote consistent health messages for students, the SDE strongly encourages districts to prohibit candy fundraisers on school premises at all times, or at least during the entire school day. If the district implements healthy food certification, candy fundraisers can occur on school premises only if the local board of education votes to allow exemptions for food sales that meet the criteria of CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105).

In compliance with Section 10-215b-23 of the Regulations of Connecticut State Agencies, the income from any food or beverage fundraisers sold on school premises from 30 minutes before the start of any USDA meal or milk 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 nonprofit food service account. This applies regardless of whether the fundraiser is sponsored by the school or an outside organization.

In compliance with CGS Section 10-221p, whenever food is sold at fundraisers held during the regular school day, nutritious low-fat foods must also be available for sale at the same time. These foods include, but are not limited to, low-fat dairy products and fresh or dried fruit. For additional guidance on this requirement, see the SDE handout, *Questions and Answers on Connecticut Statutes for School Food and Beverages*, at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf.

For additional information on fundraising, see the following SDE resources:

- *Allowable Beverages in Connecticut Schools:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf
- *Competitive Foods in School Nutrition Programs:*
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Fundraising with Food and Beverages:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf>
- *Healthy Fundraising:*
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>
- *Sample Fundraiser Form:* http://www.sde.ct.gov/sde/lib/sde/word_docs/DEPS/Student/NutritionEd/SampleFundraiserForm.doc
- *Questions and Answers on Connecticut Statutes for School Food and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

The chart on the next page provides ideas for healthy fundraising activities. The SDE handout, *Healthy Fundraising*, provides schools with specific ideas on healthy fundraising alternatives (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>).

For a summary of the federal and state requirements regarding food and beverages, see *Federal and State Laws Pertaining to Nutrition and Physical Activity* in Section 2 – *Steps for Creating Local Policy*. For additional resources, see *Healthy Fundraisers and School Stores* and *A La Carte Sales and Vending* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Ideas for Healthy Fundraising Alternatives

Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books, calendars
- Brick/stone/tile memorials
- Bumper stickers and decals
- Buttons, pins
- Candles
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Football seats
- Garage sale
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift items
- Gift wrap, boxes and bags
- Graduation tickets
- Greeting cards
- Hats
- Holiday ornaments
- Holiday wreaths
- House decorations
- Hugging booth
- Jewelry
- Kissing on the cheek booth
- License plates or holders with school logo
- Lunch box auctions
- Magazine subscriptions
- Megaphones
- Mistletoe
- Monograms

Items You Can Sell, Continued

- Music, videos, CDs
- Newspaper space, ads
- Parking spot (preferred location)
- Pet treats/toys/accessories
- Plants
- Pocket calendars
- Pre-paid phone cards
- Raffle donations (nonfood items)
- Raffle extra graduation tickets
- Raffle front row seats at a special school event
- Rent a special parking space
- Scarves
- School art drawings
- School spirit gear
- Scratch-off cards
- Sell/rent wishes
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Temporary/henna tattoos
- T-shirts, sweatshirts
- Tupperware
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

Healthy Foods

- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Lunch box auctions
- Trail mix

Sell Custom Merchandise

- Bumper stickers and decals
- Calendars
- Cookbook made by school
- Flying discs with school logo

Sell Custom Merchandise, Continued

- Logo air fresheners
- T-shirts/sweatshirts

Items Supporting Academics

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

Things You Can Do

- Auction (teacher does something for kids)
- Bike-a-thons
- Bowling night/bowl-a-thon
- Car wash (presell tickets as gifts)
- Carnivals (Halloween, Easter)
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Festivals
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thons
- Magic show
- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Read-a-thons
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Science fairs
- Singing telegrams
- Skate night/skate-a-thon
- Spelling bee
- Talent shows
- Tennis/horseshoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thons
- Workshops/classes

Adapted with permission from *Creative Financing and Fundraising*. Shasta County Public Health, California Project Lean, Revised 2004. http://www.healthyshasta.org/downloads/Creative_Fundraising.pdf

Implementation Guidance for Other Foods and Beverages

Classroom Snacks

Foods available at school during the school day must meet the district's nutrition standards. If the district implements healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. Foods and beverages that are *given* (not sold) to students are not required to meet the Connecticut Nutrition Standards and the beverage requirements of state statute.* However, the SDE strongly encourages districts to provide students with consistent health messages by applying the same requirements to these foods and beverages.

Snacks served during the school day can make a positive contribution to children's diets and health if they emphasize nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts and seeds. Schools should assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages and other considerations.



Younger children need snacks at times that allow them to come to their regular meals hungry but not starving. Their stomachs are small and their energy needs are high. Generally, most children need to eat within 3 to 4 hours of their last meal. With a long time span between breakfast and lunch (or lunch and the end of the school day), children may not be able to focus on learning without a healthy snack. Children do not have adults' ability to compensate for hunger. With a significant time span between meals, children can experience hunger symptoms (such as fatigue, irritability, inability to concentrate, weakness and stomach pains) that can interfere with learning.

After-School Snack Program: Eligible schools are encouraged to participate in the After-School Snack Program. Schools that participate in the After-School Snack Program must provide snacks that meet USDA requirements. If the district participates in healthy food certification, these snacks must also meet the Connecticut Nutrition Standards. Information on eligibility and implementation requirements for the After-School Snack Program can be obtained at <http://www.fns.usda.gov/cnd/Afterschool/default.htm> or by contacting the SDE's Bureau of Health/Nutrition, Family Services and Adult Education. For additional resources, see *After-School Snack Program* and *A La Carte Sales and Vending* under *Resources* at the end of this section.

Access to Drinking Water

Drinking fountains should be available for students and school staff members to get water at meals and throughout the day. If bottled water is sold, it must meet the beverage requirements of state statute (see page 24 and *Requirements for Beverages* on page 103).

* If a fee is collected to cover the cost of food and beverages "given" to students at parties and meetings, then the food/beverages are being sold to students. Therefore, beverages *must* meet the requirements of state statute and, if the district implement healthy food certification, food *must* meet the Connecticut Nutrition Standards. A brand-specific list of food items that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

5 Nutrition Standards for School Foods and Beverages

Implementation Guidance for Other Foods and Beverages

Food Brought Into School

Nutrition Guidance: Districts should provide families with information that encourages them to pack healthy lunches and snacks and to refrain from including beverages that do not meet the beverage requirements of state statute (see *Requirements for Beverages* on page 103) and foods that do not meet the district's nutrition standards. A brand-specific list of acceptable food and beverages is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Food Safety: Districts may want to consider prohibiting the service of foods from home when food will be shared with other students at school celebrations and other functions, and only allowing commercially prepared foods. When parents send in homemade food, it is difficult to ensure that the food is safe from bacterial contamination. To protect food safety, all food to be shared with other students should be commercially prepared, prepackaged, unopened and, when possible, individually wrapped. It is also difficult to ensure that foods sent from home are safe for children with food allergies. Schools can protect food-allergic children by providing nonfood celebrations or, if food is served, obtaining it from a known source such as the school food service program. Resources on food safety are found in *Section 6 – Other School-Based Activities to Promote Student Wellness*.

Celebrations and Meetings

The federal law for School Wellness Policy (Public Law 108-265) requires that districts develop nutrition guidelines for all foods available at school during the school day. Therefore, the district's nutrition standards must address food and beverages that are *given* to students at celebrations, parties, meetings, practices, rehearsals and similar activities held during the school day. The SDE strongly encourages districts to extend this time frame to also include food and beverages available to students at celebrations and meetings held *after* the school day.

Districts may choose to develop their own nutrition standards or may follow the state nutrition standards (see *Connecticut Nutrition Standards* on page 105). To ensure consistency with current nutrition science and national health recommendations, the SDE strongly encourages districts to use the Connecticut Nutrition Standards to meet the federal School Wellness Policy requirements.

If the district has chosen to implement healthy food certification under CGS Section 10-215f, the Connecticut Nutrition Standards *must* be the district's standards. The statutory requirements apply to the *sale* of food, not to food that is *given at no charge* to students at parties, meetings and similar school activities.* However, the SDE strongly encourages districts to provide students with consistent health messages by applying the Connecticut Nutrition Standards to *all* food that is available to students on school premises.

The state beverage statute (CGS 10-221q) applies to the *sale* of beverages to students, not to beverages that are *given at no charge* to students at meetings and other school activities.* However, the SDE strongly encourages districts to provide students with consistent health messages by applying the state beverage requirements to *all* beverages that are available to students at school.

* If a fee is collected to cover the cost of food and beverages "given" to students at parties and meetings, then the food/beverages are being sold to students. Therefore, beverages *must* meet the requirements of state statute and, if the district implement healthy food certification, food *must* meet the Connecticut Nutrition Standards. A brand-specific list of food items that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Implementation Guidance for Other Foods and Beverages

Foods and beverages served at school celebrations and parties must meet the district's nutrition standards. Districts may consider determining an appropriate frequency for celebrations that involve food, e.g., limiting celebrations to no more than one party per class per month so that all birthdays are celebrated on one day each month instead of having multiple celebrations every week.

Providing healthy classroom celebrations demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them, and gives students an opportunity to practice healthy behaviors. Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from the food to the child. When food is served, make it count with healthy choices. Teachers and parents can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks.

Ideas for Party Activities

- Plan special party games and activities. Ask parents to provide game supplies, pencils, erasers, stickers and other small school supplies instead of food.
- Create a healthy party idea book. Ask school staff members and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff members and parents can use.
- Plan a special craft that children can create. Ask parents to provide craft supplies instead of food.
- Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- Instead of food, ask parents to purchase a book for the classroom or school library in the birthday child's name. Read it to the class or invite the child's parents to come in and read it to the class.
- Instead of a party, organize a special community service project, e.g., invite senior citizens in for lunch, make "curechiefs" for chemotherapy patients and blankets for rescue dogs. Involve parents in planning the project and providing needed materials.
- Create a "Celebrate Me" book. Have classmates write stories or poems and draw pictures to describe what is special about the birthday child.
- Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- Create a special birthday package. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise (pencil, sticker, birthday card, etc.).
- The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to the office, lead the line, start an activity and choose a game or story.

5 Nutrition Standards for School Foods and Beverages

Implementation Guidance for Other Foods and Beverages

Ideas for Healthy Foods*

Note: Foods served at school celebrations and meetings must meet the district's nutrition standards. Check for food allergies before serving any foods or beverages.

- Low-fat or nonfat plain or flavored milk, 100 percent juice, water, flavored/sparkling water (without added sugars, sweeteners, artificial sweeteners or caffeine), sparkling punch (seltzer and 100 percent fruit juice).
- Fruit smoothies (blend fruits such as berries, bananas and pineapple).
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, fruit with low-fat whipped topping.
- Dried fruit without added sugar (raisins, apricots, plums), 100 percent fruit snacks.
- Vegetable trays with low-fat or nonfat dip.
- Celery and carrots with peanut butter and raisins.
- Whole-grain crackers with cheese cubes, string cheese or hummus.
- Waffles or pancakes topped with fruit.
- Pretzels, low-fat popcorn, rice cakes, bread sticks.
- Graham crackers, animal crackers.
- Angel food cake, plain or topped with fruit.
- Bagel slices with peanut butter or jam, whole-wheat English muffin, hot pretzels.
- Fruit or grain muffin (low-fat).
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce.
- Ham, cheese or turkey sandwiches or wraps (with low-fat, low-sugar, low-sodium condiments).
- Low-fat pudding, low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers).
- Quesadillas or bean burrito with salsa.
- Low-fat breakfast or granola bars (without artificial sweeteners or sugar alcohols).
- Low-fat, low-sodium tortilla chips with salsa or bean dip.
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.).
- Nuts and seeds without added fats or sugars.

The Connecticut State Department of Education's handout, *Healthy Celebrations*, provides schools with specific ideas for activities and healthy foods at school celebrations (<http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Resources>). For additional resources, see *Celebrations* under *Resources* at the end of this section.

* If beverages are sold to students, they must meet the requirements of state statute and the federal and state competitive foods regulations (see *Competitive Foods* on page 111). If the district implements healthy food certification and food is sold to students, it must meet the Connecticut Nutrition Standards. Product compliance with the Connecticut Nutrition Standards and state beverage statute varies depending on the brand and type of item. For allowable commercial items, check the SDE's *List of Acceptable Food and Beverages* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>. For school-made items, 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>. For additional information, see *Evaluating Food Items for Compliance with Connecticut Nutrition Standards* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Requirements for Beverages

The requirements for allowable beverages in Connecticut schools are defined by state statute and are separate from the Connecticut Nutrition Standards, which address food. All public schools must comply with the state beverage statute, regardless of whether the district implements healthy food certification under CGS Section 10-215f.

Section 10-221q of the Connecticut General Statutes (<http://www.cga.ct.gov/2007/pub/Chap170.htm#Sec10-221q.htm>) allows only five categories of beverages to be sold to students in public schools at all times and from all sources including, but not limited to, the cafeteria (a la carte sales and reimbursable school meals), vending machines, school stores and fundraisers:

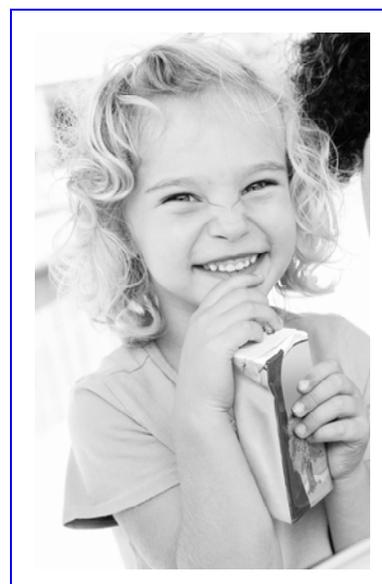
1. Milk (flavored or plain) with no more than 4 grams of sugar per ounce and no artificial sweeteners.
2. Nondairy milks such as soy or rice milk, which may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35 percent of calories from fat per portion 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 or artificial sweeteners.
4. Beverages that contain only water and fruit or vegetable juice and have no added sugars, sweeteners or artificial sweeteners (see 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, artificial sweeteners or caffeine.

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

Beverages that do not meet the statutory requirements specified above can only be sold to students at school if the board of education or school governing authority votes to permit them 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.
3. The beverages are not sold from a vending machine or school store.

The regular school day is the period that begins with the arrival of the first child at school and ends after the last instructional period. An event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.



5 *Nutrition Standards for School Foods and Beverages*

Implementation Guidance for Other Foods and Beverages

The district must determine whether beverages meet the requirements of state statute **before** they are sold to students. A list of allowable beverages is contained in the SDE's *List of Acceptable Food and Beverage* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

Districts can ensure compliance with the requirements of the state beverage statute by verifying that beverages are on the SDE's list. If a beverage is not listed, districts should submit the product information (nutrition facts label, list of ingredients, package size and product code) to the SDE for review. (See the SDE handout, *Submitting Food and Beverage Products for Approval*, at (<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf>).

The following SDE resources contain additional information on allowable beverages:

- *Allowable Beverages in Connecticut Schools:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_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> or
http://www.sde.ct.gov/sde/lib/sde/PowerPointPresentations/DEPS/Understanding_HFC.ppt
- *Requirements for Beverages Containing Water and Juice:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Water_Juice_Beverages.pdf
- *Questions and Answers on Connecticut Statutes for School Food and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

For a summary of the federal and state requirements regarding food and beverages, see *Federal and State Laws Pertaining to Nutrition and Physical Activity in Section 2 – Steps for Creating Local Policy*. For additional resources, see *Connecticut's Healthy Food Certification and State and Federal Requirements* under *Resources* at the end of this section.

Implementation Guidance for Other Foods and Beverages

Connecticut Nutrition Standards

The Connecticut Nutrition Standards address all food items sold to students separately from a reimbursable school breakfast or lunch in the USDA School Breakfast Program and National School Lunch Program. They focus on limiting fat, saturated fat, trans fat, added sugars and sodium, moderating portion sizes, and promoting increased intake of nutrient-dense foods, such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, legumes, nuts and seeds.

The Connecticut Nutrition Standards apply to food sold at all times and from all sources including, but not limited to, school stores, vending machines, a la carte sales in school cafeterias, concession stands and any fundraising activities on school premises, regardless of whether they are sponsored by the school or an outside group. Districts are also encouraged to use the Connecticut Nutrition Standards for food given to students at school, such as classroom parties, meetings and other school activities.



The Connecticut Nutrition Standards are required for all school districts that choose to implement healthy food certification under Section 10-215f of the Connecticut General Statutes (see page 24). A summary of the Connecticut Nutrition Standards is found on pages 107-110. The complete standards are available online at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>.

Foods that do not meet the Connecticut Nutrition Standards can only be sold to students at school if the board of education or school governing authority votes to permit them 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.
3. The food items are not sold from a vending machine or school store.

The regular school day is the period that begins with the arrival of the first child at school and ends after the last instructional period. An event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. For example, soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not. The exemption for food items that do not meet the Connecticut Nutrition Standards is included as part of the district's annual Healthy Food Certification Statement.

Determining Compliance of Food Items

The district must determine whether purchased and school-made food items meet the Connecticut Nutrition Standards **before** they are sold to students.

Commercially Prepared Items: The Connecticut State Department of Education evaluates commercially prepared food items for compliance with the Connecticut Nutrition Standards and maintains a brand-specific list of acceptable items at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

5 Nutrition Standards for School Foods and Beverages

Implementation Guidance for Other Foods and Beverages

Districts can ensure compliance with the requirements of healthy food certification by verifying that food items are listed on the SDE's *List of Approved Foods and Beverages*. If an item is not listed, districts should submit the product information (nutrition facts label, list of ingredients, package size and product code) to the SDE for review. (See the SDE handout, *Submitting Food and Beverage Products for Approval*, at (<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf>). For additional information on evaluating commercial products, see *Evaluating Foods and Beverages under Connecticut's Healthy Food Certification* in Resources at the end of this section.

School-Made Items: Before any recipes are used to make food that is sold a la carte to students, the district must determine whether the recipes meet the Connecticut Nutrition Standards. School-made food items include food that is sold to students separately from reimbursable meals, and 1) is prepared from scratch using a recipe (e.g., entrees, soup, baked goods, cooked grains, vegetables); or 2) requires some additional processing after purchasing ingredients (e.g., popping popcorn kernels with oil, making cookies from a mix, assembling a sandwich). This includes a la carte food made by the cafeteria, culinary arts classes, family and consumer sciences classes and any other school or outside groups selling food to students on school premises.



The district is responsible for conducting a nutrient analysis to ensure that recipes comply with each nutrition standard for the appropriate food category of the Connecticut Nutrition Standards. Additional information on evaluating recipes for school-made food is contained in the following SDE handouts:

- *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>
- *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>
- *Ensuring District Compliance with Healthy Food Certification:* http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/EnsuringDistrictCompliance_HFC.pdf

For additional information regarding the Connecticut Nutrition Standards and healthy food certification, see *Connecticut's Healthy Food Certification* under Resources at the end of this section. All resources are available on the SDE Web site (Nutrition Education page) at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>.

Implementation Guidance for Other Foods and Beverages

Summary of Connecticut Nutrition Standards

The Connecticut Nutrition Standards address all food items sold to students separately from a reimbursable school breakfast or lunch. They focus on limiting fat, saturated fat, trans fat, added sugars and sodium, moderating portion sizes, and promoting increased intake of nutrient-dense foods, such as fruits, vegetables and whole grains. The SDE encourages all schools to use these standards to determine what food items are available at school, including a la carte sales in the cafeteria, vending machines, school stores, fundraisers, classroom parties and other school events. *Note: Districts that choose to participate in healthy food certification under Section 10-215f of the Connecticut General Statutes **must** follow the Connecticut Nutrition Standards for all food items sold to students separately from reimbursable school meals at all times and from all sources.*

The Connecticut Nutrition Standards group food items into the following five categories: 1) Entree Items; 2) Cooked Grains; 3) Soup; 4) Fruits and Vegetables; and 5) Snacks and Desserts.

Entree Items

The Connecticut Nutrition Standards differentiate between 1) entree items that are *planned as part of a reimbursable meal and are also sold a la carte*; and 2) entree items that are *only sold a la carte*. If an entree item that is planned and served as part of a reimbursable school meal for the day is also sold a la carte, it must be the same portion size but does not need to meet any additional nutrition standards.* If an entree item is *only sold a la carte* (i.e., not part of a reimbursable meal) it must meet the following standards:

- **Fat:** No more than 18 grams per entree. No chemically altered fat substitutes.
- **Saturated Fats:** No more than 5 grams per entree.
- **Trans Fats:** Zero trans fats (<0.5 gram).¹
- **Added Sugars:** No more than 15 grams per entree. No artificial sweeteners or sugar alcohols.
- **Sodium:** No more than 500 milligrams per entree.
- **Caffeine:** No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.
- **Fiber:** Increase choices of entrees with whole grains and foods containing fiber.
- **Condiments:** Limit use and provide low-fat, low-sugar and low-sodium varieties.²
- **Portion Size:** No larger than the serving size that would normally be planned and served as part of the reimbursable meal for the appropriate age/grade group under the U.S. Department of Agriculture (USDA) meal pattern.

Definition of Entree Items

For the purposes of the Connecticut Nutrition Standards, entree items include three categories of main dish food items: 1) a combination food of meat/meat alternate and grain/bread (e.g., turkey sandwich, pizza, hamburger on a bun and cheese burrito); 2) a combination food of vegetable/fruit and meat/meat alternate (e.g., chef's salad, fruit and cheese platter, baked potato with chili, chicken vegetable stir-fry); and 3) a meat/meat alternate alone (e.g., sausage patty, egg, cheese wedge, chicken nuggets), excluding yogurt, nuts and seeds. Yogurt, nuts and seeds are addressed by the nutrition standards for Snacks and Desserts.

* This provision applies only to **entree items that are planned and sold as part of a reimbursable meal and are also sold a la carte the same day**. It does **not** apply to any other meal items such as breads, fruits, vegetables and soups. All other food items that are *part of a reimbursable meal and are also sold separately from the meal* must meet the Connecticut Nutrition Standards for the specific food category. For example, french fries that are part of a reimbursable meal can only be sold a la carte if they meet the nutrition standards for the *Fruits and Vegetables* category. Muffins that are part of a reimbursable meal can only be sold a la carte if they meet the nutrition standards for the *Snacks and Desserts* category.

¹ Trans fats include naturally occurring and artificial sources. Most trans fats (80 percent) come from processed foods and oils. Food labeling regulations allow food labels to state "0 grams" trans fats if a serving contains less than 0.5 gram. To avoid artificial trans fats, read ingredients and select products without hydrogenated oils or shortening.
² Any condiments packaged with a food (e.g., bagel with cream cheese, carrots with dip), *must* be included when determining whether the food meets the Connecticut Nutrition Standards.

Implementation Guidance for Other Foods and Beverages

Summary of Connecticut Nutrition Standards, Continued

Cooked Grains

- **Fat:** No more than 7 grams per serving. No chemically altered fat substitutes.
- **Saturated Fats:** No more than 2 grams per serving.
- **Trans Fats:** Zero trans fats (<0.5 gram).¹
- **Added Sugars:** No more than 15 grams per serving. No artificial sweeteners or sugar alcohols.
- **Sodium:** No more than 500 milligrams per serving.
- **Caffeine:** No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.
- **Fiber:** Increase choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fats and no added sugars).
- **Condiments:** Limit use and provide low-fat, low-sugar and low-sodium varieties.²
- **Portion Size:** No larger than the serving size that would normally be planned and served as part of the reimbursable meal for the appropriate age/grade group under the USDA meal pattern.

Soups

- **Fat:** No more than 7 grams per serving. No chemically altered fat substitutes.
- **Saturated Fats:** No more than 2 grams per serving.
- **Trans Fats:** Zero trans fats (<0.5 gram).¹
- **Added Sugars:** No more than 15 grams per serving. No artificial sweeteners or sugar alcohols.
- **Sodium:** No more than 1,000 milligrams per serving.
- **Caffeine:** No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.
- **Fiber:** Increase choices of soup containing vegetables, legumes and whole grains.
- **Condiments:** Limit use and provide low-fat, low-sugar and low-sodium varieties.²
- **Portion Size:** No more than 1 cup

¹ Trans fats include naturally occurring and artificial sources. Most trans fats (80 percent) come from processed foods and oils. Food labeling regulations allow food labels to state "0 grams" trans fats if a serving contains less than 0.5 gram. To avoid artificial trans fats, read ingredients and select products without hydrogenated oils or shortening.

² Any condiments packaged with a food (e.g., bagel with cream cheese, carrots with dip), *must* be included when determining whether the food meets the Connecticut Nutrition Standards.

Implementation Guidance for Other Foods and Beverages

Summary of Connecticut Nutrition Standards, Continued

Fruits and Vegetables

This category addresses fresh, frozen, canned and dried fruits and vegetables. *Note: Fruit Roll-Ups or fruit snacks that are not 100 percent fruit do not meet the nutrition standards for the Fruits and Vegetables category.*

- Make **quality fruits and vegetables** available at any place snack items are sold. For example, dried fruit in vending machines; fresh fruit and vegetables, such as pineapple slices, melon cubes or baby carrots in a la carte lines and school stores. (“Quality” means fruits and vegetables prepared and packaged without added fats, sugars or sodium.)
- **Fat:** No more than 35 percent of total calories **and** 7 grams per serving. No chemically altered fat substitutes.
- **Saturated Fats:** No more than 10 percent of total calories **and** 2 grams per serving.
- **Trans Fats:** Zero trans fats (<0.5 gram).¹
- **Added Sugars:** No more than 35 percent by weight **and** 15 grams per serving. No artificial sweeteners or sugar alcohols.
- **Sodium:** No more than 500 milligrams per serving.
- **Caffeine:** No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.
- **Condiments:** Limit use and provide low-fat, low-sugar and low-sodium varieties.²
- **Portion Sizes:** ½ cup *minimum* for quality fruits and vegetables; ½ cup *maximum* for vegetables or fruits with added fats; and 1.5 ounces *maximum* for dried fruit.



¹ Trans fats include naturally occurring and artificial sources. Most trans fats (80 percent) come from processed foods and oils. Food labeling regulations allow food labels to state “0 grams” trans fats if a serving contains less than 0.5 gram. To avoid artificial trans fats, read ingredients and select products without hydrogenated oils or shortening.

² Any condiments packaged with a food (e.g., bagel with cream cheese, carrots with dip), *must* be included when determining whether the food meets the Connecticut Nutrition Standards.

Implementation Guidance for Other Foods and Beverages

Summary of Connecticut Nutrition Standards, Continued

Snacks and Desserts

This category addresses all snack and dessert items, such as chips, crackers, popcorn, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, animal/graham crackers, cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, soft pretzels, rolls), frozen desserts, ice cream, cheese, yogurt, pudding and smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice).

- **Fat:** No more than 35 percent of total calories **and** 7 grams per package (with the exception of naturally occurring fats in nuts, seeds, peanut and other nut butters and cheeses). No chemically altered fat substitutes.
- **Saturated Fats:** No more than 10 percent of total calories **and** 2 grams per package.
- **Trans Fats:** Zero trans fats (<0.5 gram).¹
- **Added Sugars:** No more than 35 percent by weight **and** 15 grams per package. The standard excludes naturally occurring sugars in fruits, vegetables and dairy products. For smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice), yogurt and pudding, no more than 5 grams total sugars (added and naturally occurring) per ounce. No artificial sweeteners or sugar alcohols.
- **Sodium:** No more than 500 milligrams per package.
- **Caffeine:** No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.
- **Whole-Grain Foods:** Encourage the availability of whole grains and foods containing fiber. Provide choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fats and no added sugars). Limit grain-based snacks made from enriched flour.
- **Condiments:** Limit use and provide low-fat, low-sugar and low-sodium varieties.²
- **Portion Sizes:** If products meet the preceding standards for *Snacks and Desserts*, they may be served in a package that does not exceed the serving size limits specified below.

Baked chips, popcorn, rice cakes, puffed snacks.....	1.25 oz.
Crackers, hard pretzels, pita chips, snack mix.....	1.75 oz.
Peanut butter-filled crackers and cheese-filled crackers.....	1.5 oz.
Trail mix, nuts, seeds, soy nuts.....	1.75 oz.
Jerky.....	1.25 oz.
Cereals.....	2 oz.
Cookies, animal crackers, graham crackers, cereal bars, granola bars.....	2 oz.
Bakery items, e.g., pastries, toaster pastries, muffins, bagels, waffles, pancakes, French toast, soft pretzels, rolls.....	3 oz.
Frozen desserts e.g., ice cream (including novelties), frozen yogurt, Italian ice, sorbets, juice/fruit bars, frozen fruit-based desserts.....	4 fl. oz. (½ cup)
Pudding, parfaits and cottage cheese.....	4 fl. oz. (½ cup)
Yogurt and cultured soy.....	8 oz.
Smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice).....	10 fl. oz.
Cheese (low-fat recommended).....	2 oz.
Nut butters, e.g., peanut butter, almond butter, soy butter.....	4 Tbsp.

¹ Trans fats include naturally occurring and artificial sources. Most trans fats (80 percent) come from processed foods and oils. Food labeling regulations allow food labels to state "0 grams" trans fats if a serving contains less than 0.5 gram. To avoid artificial trans fats, read ingredients and select products without hydrogenated oils or shortening.

² Any condiments packaged with a food (e.g., bagel with cream cheese, carrots with dip), *must* be included when determining whether the food meets the Connecticut Nutrition Standards.

Implementation Guidance for Other Foods and Beverages

Competitive Foods

The U.S. Department of Agriculture defines competitive foods as all foods and beverages sold in schools except for meals provided through the National School Lunch Program and School Breakfast Program. They include any foods and beverages sold anywhere on school premises in competition with school meals, such as cafeteria a la carte sales, vending machines, school stores and fundraisers. In compliance with federal School Wellness Policy requirements, the district's nutrition standards must address the requirements for all competitive foods.

Federal regulations do not address nutrition standards for competitive foods, with the exception of a small group defined as foods of minimal nutritional value (FMNV). The federal competitive food services regulation for the National School Lunch Program (7 CFR Part 210.11) and School Breakfast Program (7 CFR Part 220.12) specifies that FMNV can only be sold *outside of the meal service periods*. Under the federal regulation, the FMNV definition is limited to the following four specific categories of foods and beverages: 1) soda water (any carbonated or aerated beverages); 2) water ices (any frozen, sweetened water such as "...sicles" and flavored ice with the exception of products that contain fruit, fruit juice, milk, milk ingredients or egg ingredients other than egg whites); 3) chewing gum; and 4) certain candies (hard candy, jellies and gums, marshmallow candies, fondant, such as candy corn and soft mints, licorice, spun candy and candy coated popcorn).

The federal definition of FMNV does not include any other competitive foods or beverages of low nutrient density (e.g., cake, cookies, chips, chocolate and sweetened beverages) other than the four categories listed above. **However, state statutes and regulations supersede the federal regulation by extending the time frame and imposing additional restrictions regarding food and beverage sales to students in schools.** To be allowed for sale in Connecticut schools, any FMNV must:

- 1) Be exempted by the USDA from the categories of FMNV as defined by the federal competitive food services regulation for child nutrition programs.*
- 2) Meet the state requirements for the appropriate beverage category, as specified by CGS Section 10-221q (see page 103).
- 3) Meet the district's nutrition standards or, if the district participates in healthy food certification, the Connecticut Nutrition Standards (see page 105).
- 4) Be sold in compliance with Section 10-215b-1 of the state competitive foods regulation, which prohibits candy sales anywhere on school premises during the period of 30 minutes before until 30 minutes after the end of any school nutrition program (see page 25). *Note: Section 10-215b-1 also prohibits coffee, tea and soft drinks, but CGS Section 10-221q eliminates the sale of these beverages at all times, so it supersedes the time frame previously allowed by Section 10-215b-1.*
- 5) Be sold in compliance with Section 10-215b-23 of the state competitive foods regulation, which specifies that the income from any food or beverages sold to students anywhere on school premises from 30 minutes before until 30 minutes after the end of any school nutrition program must accrue to the nonprofit food service account (see page 25).

* Foods and beverages that the USDA has exempted are listed on *Exemptions Under the U.S. Department of Agriculture's Competitive Foods Regulation for School Nutrition Programs* at <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/ExemptionsList.pdf>. However, many USDA-exempted products are prohibited by the state beverage statute, Connecticut Nutrition Standards and state competitive foods regulation. Most of the USDA-exempted beverages do not meet the state statutory requirements. None of the USDA-exempted foods meet the Connecticut Nutrition Standards.

Implementation Guidance for Other Foods and Beverages

Beverages Defined as FMNV

The federal regulations define one beverage category of FMNV (soda waters). Under federal regulations, all carbonated and aerated beverages are “soda waters” and are prohibited for sale during the meal service periods unless the USDA has exempted them from the federal FMNV category. However, Connecticut’s beverage statute supersedes the federal regulation by imposing stricter requirements on what and when beverages can be sold to students. Most of the USDA-exempted beverages cannot be sold in Connecticut schools because they do not meet the beverage requirements of state statute (see the USDA list of exemptions at <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/ExemptionsList.pdf>).

If carbonated or aerated beverages (waters, juices or water and juice beverages) meet the state requirements for the appropriate beverage category but the USDA has *not* exempted them from the federal FMNV category of “soda waters,” they can only be sold to students *outside of the meal service periods*. For example, some seltzers and sparkling waters meet the state statutory requirements for “water,” but the USDA has not exempted them from the federal “soda waters” category. Therefore, the federal regulation prohibits their sale to students during the meal service periods, even though they meet the state requirements.

Schools must be careful to verify that any carbonated or aerated beverages sold to students meet *both* state and federal requirements. Only three categories meet both state and federal requirements and are therefore permitted for sale to students in public schools.

1. **Carbonated or aerated waters** (may be plain or flavored but contain no added sugars, sweeteners, artificial sweeteners or caffeine), provided they are *only sold outside the meal service periods*. Carbonated waters containing no added sugars, sweeteners, artificial sweeteners or caffeine are allowed by state statute but are still defined as FMNV under federal regulations, which prohibit their sale during the meal service periods.*
2. **Carbonated or aerated 100 percent juices** (100 percent fruit juice, vegetable juice or combination of such juices, containing no added sugars, sweeteners or artificial sweeteners) in portion sizes not exceeding 12 fluid ounces, provided they meet the requirements of CGS Section 10-221q and the USDA has exempted them from the “soda water” category of FMNV as defined by federal regulations. These beverages may be sold at any time.*
3. **Carbonated or aerated water and juice beverages** (containing only water and fruit or vegetable juice with no added sugars, sweeteners or artificial sweeteners) in portion sizes not exceeding 12 fluid ounces, provided they meet the requirements of CGS Section 10-221q (see *Requirements for Beverages Containing Water and Juice* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Water_Juice_Beverages.pdf), and the USDA has exempted them from the “soda water” category of FMNV as defined by federal regulations. These beverages may be sold at any time.*

Beverages that meet these requirements are listed on the SDE’s *List of Acceptable Food and Beverages* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>. No other carbonated or aerated beverages can be sold to students on school premises at any time, unless the board of education votes to allow their sale at events meeting the three exemption conditions specified under CGS 10-221q (see page 24 and *Requirements for Beverages* on page 103).

* In compliance with Section 10-215b-23 of state regulations, if these beverages are sold anywhere on school premises during the time frame from 30 minutes before until 30 minutes after any USDA school nutrition program, the income must accrue to the nonprofit food service account.

Implementation Guidance for Other Foods and Beverages**Food Defined as FMNV**

The federal regulations define three food categories of FMNV (water ices, chewing gum and certain candies) that are restricted for sale during the USDA meal periods. However, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies supersede the federal requirements by mandating additional requirements for these foods.

While the federal FMNV definition only includes *certain* candy, the state regulation addresses *all* candy. Section 10-215b-1 of state regulations supersedes the time frame of the federal competitive food services regulation by prohibiting schools from selling or dispensing candy (including sugarless candy) to students anywhere on school premises from 30 minutes before the start of any USDA meal or milk program (National School Lunch Program, School Breakfast Program, After-School Snack Program, Special Milk Program) until 30 minutes after the end of the program. In districts not implementing healthy food certification under CGS Section 10-215f, candy could be sold outside this time frame.*

The federal competitive food services regulation allows water ices and gum to be sold to students outside the meal periods. However, Section 10-215b-23 of state regulations specifies that the income from any food sold anywhere on school premises during 30 minutes before until 30 minutes after the end of any school nutrition program must accrue to the nonprofit food service account. In districts not implementing healthy food certification, water ices and gum could be sold outside this time frame.* However, in districts implementing healthy food certification, these foods do not meet the Connecticut Nutrition Standards. They cannot be sold to students on school premises unless the board of education votes to allow exemptions for food sales that meet the criteria specified by CGS Section 10-215f (see *Connecticut Nutrition Standards* on page 105).

The following resources contain additional information on competitive foods.

- *Aerated Beverages Categorized as “Soda Water” from the Competitive Food Services Regulation, Operational Memorandum 02-09:*
http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM_02_09.pdf
- *Allowable Beverages in Connecticut Schools:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf
- *Competitive Foods in School Nutrition Programs:*
<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>
- *Exemptions Under the U.S. Department of Agriculture’s Competitive Foods Regulation for School Nutrition Programs:* <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/ExemptionsList.pdf>
- *Federal and State Laws Impacting Food and Beverages in Connecticut Schools:*
<http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/NutritionLaws.pdf>
- *Foods of Minimal Nutritional Value (Appendix B of 7 CFR Part 210 National School Lunch Program Regulations), U.S. Department of Agriculture:*
<http://www.fns.usda.gov/cnd/menu/fmnmv.htm>
- *Questions and Answers on Connecticut Statutes for School Food and Beverages:*
http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

* The SDE strongly encourages districts to promote consistent health messages to students by prohibiting the sale and serving of candy, gum and water ices on school premises at all times, or at least during the entire school day.

References

- A Food Labeling Guide – Appendix C*, U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, Revised April 2008: <http://www.cfsan.fda.gov/~dms/2lg-xc.html>
- Benefits of School Meal Participation*, Action for Healthy Kids, 2002: http://www.actionforhealthykids.org/filelib/facts_and_findings/fs_meal.pdf
- Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265)*: http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf
- Children’s Diets in the Mid-1990s: Dietary Intake and Its Relationship with School Meal Participation*, U.S. Department of Agriculture, 2001: <http://www.fns.usda.gov/oane/MENU/Published/CNP/FILES/ChilDiet.pdf>
- Creative Financing and Fundraising*, California Project Lean, California Department of Health Services, Revised 2004: http://www.healthshasta.org/downloads/Creative_Fundraising.pdf
- Dietary Guidelines for Americans 2005*, U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005: <http://www.healthierus.gov/dietaryguidelines/>
- Dispensing Junk: How School Vending Undermines Efforts to Feed Children Well*, Center for Science in the Public Interest, May 2005: http://cspinet.org/dispensing_junk.pdf
- Eating Breakfast Greatly Improves Schoolchildren’s Diet Quality*, U.S. Department of Agriculture, December 1999: <http://www.cnpp.usda.gov/Publications/NutritionInsights/insight15.pdf>
- Making It Happen! School Nutrition Success Stories*, U.S. Department of Agriculture, 2005: <http://www.fns.usda.gov/tn/Resources/makingithappen.html>
- Model Local Wellness Policies on Physical Activity and Nutrition*, National Alliance for Nutrition and Activity, March 2005: <http://www.schoolwellnesspolicies.org/>
- Nutrition Services: An Essential Component of Comprehensive Health Programs*, Journal of the American Dietetic Association, 2003;103:505-514: http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-C77103C5/ada/hs.xsl/advocacy_1729_ENU_HTML.htm
- Richard B. Russell National School Lunch Act*: <http://www.fns.usda.gov/cnd/Governance/Legislation/NSLA-10-2008.pdf>
- School Breakfast Programs: Energizing the Classroom*, Minnesota Department of Children, Families and Learning, March 1998: <http://cfl.state.mn.us/energize.pdf>
- USDA Regulations for the National School Lunch Program, 7CFR Part 210*: <http://www.fns.usda.gov/cnd/Governance/regulations/7CFR210.pdf>
- USDA Regulations for the School Breakfast Program, 7CFR Part 220*: <http://www.fns.usda.gov/cnd/Governance/regulations/7CFR220.pdf>
- Wellness Policy Toolkit*, Wyoming Action for Healthy Kids, 2005: http://www.actionforhealthykids.org/filelib/toolsforteam/recom/WY_WY-Wellness%20Policy%20Toolkit.pdf

Resources

Resources are listed by main category. Many resources contain information on multiple content areas. For additional resources, consult each policy component section of the *Action Guide*.

A La Carte Sales and Vending

Click on the SDE's [Healthy School Environment Resource List](#), then click on *A La Carte Sales and Vending* under *Food at School* to access resources on this topic.

After-School Snack Program

Click on the SDE's [Nutrition-Related Resources](#), then click on *After-School Snack Program* under *Resources for Child Nutrition Programs* to access resources on this topic.

Celebrations

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Celebrations* under *Food at School* to access resources on this topic.

Connecticut's Healthy Food Certification

Connecticut Nutrition Standards

Connecticut Nutrition Standards for Food in Schools, Connecticut State Department of Education, 2006 (Revised 2008): <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>

Summary of Connecticut Nutrition Standards, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryCTNutritionStandards.pdf>

Summary of Requirements for School Food and Beverages, Connecticut State Department of Education, 2008: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SummaryChart_NS.pdf

Allowable Food and Beverages

List of Acceptable Food and Beverages, Connecticut State Department of Education: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>

List of Vendors Selling Healthy Foods and Beverages, Connecticut State Department of Education: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>

Implementation Guidance

Ensuring District Compliance with Healthy Food Certification, Connecticut State Department of Education, 2007 (Revised 2008): http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/EnsuringDistrictCompliance_HFC.pdf

Fundraising with Food and Beverages, Connecticut State Department of Education, 2006 (Revised 2008): <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraisers.pdf>

Sample Fundraiser Form, Connecticut State Department of Education, 2007 (Revised 2008): http://www.sde.ct.gov/sde/lib/sde/word_docs/DEPS/Student/NutritionEd/SampleFundraiserForm.doc

5 **Nutrition Standards for School Foods and Beverages**

Requirements for Food and Beverages in Vending Machines, Connecticut State Department of Education, 2008: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Vending_Machines.pdf

Requirements for Food and Beverages in School Stores, Connecticut State Department of Education, 2008: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/School_Stores.pdf

Requirements for Selling Food and Beverages in Adult Education Programs, Connecticut State Department of Education, 2008: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Letter_1031.pdf

Guidance for Healthy Snacks in Schools, Connecticut State Department of Education, 2006: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/GuidanceHealthySnacks.pdf>

Summary Data Report on Connecticut's Healthy Snack Pilot, Connecticut State Department of Education, 2006: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/DataReportHSpilot.pdf>

Healthy Snack Pilot Case Studies, Connecticut State Department of Education, 2007: http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CaseStudies_HSpilot.pdf

Evaluating Foods and Beverages

Submitting Food and Beverage Products for Approval, Connecticut State Department of Education, 2007 (Revised 2008): <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/SubmittingProducts.pdf>

Worksheet for Snacks and Desserts, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/1WorksheetSnacksDesserts.pdf>

Worksheet for Fruits and Vegetables, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/2WorksheetFruitsVeg.pdf>

Worksheet for Entrees, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/3WorksheetEntrees.pdf>

Worksheet for Cooked Grains, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/4WorksheetGrains.pdf>

Worksheet for Soups, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/5WorksheetSoups.pdf>

Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards, Connecticut State Department of Education, 2007: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/6EvaluatingRecipes.pdf>

Evaluating Recipes for Trans Fat, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/excel/DEPS/7EvaluatingRecipesTransFat.xls>

Evaluating Recipes for Added Sugars, Connecticut State Department of Education, 2007: <http://www.sde.ct.gov/sde/lib/sde/excel/DEPS/8EvaluatingRecipesSugars.xls>

Dietary Guidelines

Click on the SDE's [Nutrition-Related Resources](#), then click on *Dietary Guidelines* under *General Nutrition and Health* to access resources on this topic.

Farm to School

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Farm to School* under *Nutrition Education* to access resources on this topic.

Food Safety

Click on the SDE's [Nutrition-Related Resources](#), then click on *Food Safety* to access resources on this topic.

Fruits and Vegetables

Click on the SDE's [Nutrition-Related Resources](#), then click on *Fruits and Vegetables* under *General Nutrition and Health* to access resources on this topic.

Healthy Fundraisers and School Stores

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Healthy Fundraisers and School Stores* under *Food at School* to access resources on this topic.

Menu Planning and Recipes

Click on the SDE's [Nutrition-Related Resources](#), then click on *Menu Planning and Recipes* under *Menus, Recipes and Nutrient Information* to access resources on this topic.

Nutrition Standards

Click on the SDE's [Healthy School Environment Resource List](#), then click on *Nutrition Standards* under *Food at School* to access resources on this topic.

School Breakfast Program

Click on the SDE's [Nutrition-Related Resources](#), then click on *School Breakfast Program* under *Resources for Child Nutrition Programs* to access resources on this topic.

School Lunch Program

Click on the SDE's [Nutrition-Related Resources](#), then click on *School Lunch Program* under *Resources for Child Nutrition Programs* to access resources on this topic.

Special Diets

Click on the SDE's [Nutrition-Related Resources](#), then click on *Special Diets* to access resources on this topic.

State and Federal Requirements

A Menu Planner for Healthy School Meals, U.S. Department of Agriculture, 1998:

<http://www.fns.usda.gov/tn/Resources/menuplanner.html>

Aerated Beverages Categorized as "Soda Water" from the Competitive Food Services Regulation, Operational Memorandum 02-09, Connecticut State Department of Education, November 14, 2008: http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM_02_09.pdf

Allowable Beverages in Connecticut Schools, Connecticut State Department of Education, 2007 (Revised 2008): http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf

5 Nutrition Standards for School Foods and Beverages

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):

http://www.fns.usda.gov/cnd/Governance/Legislation/Historical/PL_108-265.pdf

Competitive Foods in School Nutrition Programs, Connecticut State Department of Education, 2008:

<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/CompetitiveFoods.pdf>

Connecticut General Statutes on School Food and Beverages, Connecticut State Department of Education: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Statutes>

Exemptions Under the U.S. Department of Agriculture's Competitive Foods Regulation for School Nutrition Programs, Connecticut State Department of Education:

<http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/nslp/ExemptionsList.pdf>.

Federal and State Laws Impacting Food and Beverages in Connecticut Schools, Connecticut State Department of Education, 2007 (Revised 2008):

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

Fluid Milk Substitutions in the School Nutrition Programs, U.S. Department of Agriculture, 2008:

<http://www.fns.usda.gov/cnd/governance/regulations/finalrule-milk.pdf>

Final Rule on Fluid Milk Substitutions, Operational Memorandum 03-09, Connecticut State Department of Education, November 14, 2008:

http://www.sde.ct.gov/sde/LIB/sde/pdf/DEPS/Nutrition/OPmemos/09/OM_03_09.pdf

Foods of Minimal Nutritional Value (Appendix B of 7 CFR Part 210 National School Lunch Program Regulations), U.S. Department of Agriculture: <http://www.fns.usda.gov/cnd/menu/fmnv.htm>

Overview of Requirements for School Food and Beverages, Connecticut State Department of Education, 2006 (Revised 2008): http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Overview_Statutes.pdf

Questions and Answers on Connecticut Statutes for School Food and Beverages, Connecticut State Department of Education, 2006 (Revised 2009):

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf

Requirements for Beverages Containing Water and Juice, Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>

Requirements for Beverages in Connecticut Public Schools (PowerPoint Presentation), Connecticut State Department of Education, 2008: <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Beverages.pdf> or

http://www.sde.ct.gov/sde/lib/sde/PowerPointPresentations/DEPS/Understanding_HFC.ppt

State Department of Education Child Nutrition Programs:

<http://www.state.ct.us/sde/deps/nutrition/index.htm>

USDA Food and Nutrition Service: <http://www.fns.usda.gov/fns/default.htm>

USDA Regulations for School Meals: <http://www.fns.usda.gov/cnd/Governance/regulations.htm>

Summer Food Service Program

Click on the SDE's [Nutrition-Related Resources](#), then click on *Summer Food Service Program* under *Resources for Child Nutrition Programs* to access resources on this topic.

Additional resources can be found in the SDE's *Healthy School Environment Resource List* (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf) and *Nutrition-Related Resources* (http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/nutrition_resources.pdf). These lists are updated regularly.