

Summary of Requirements for School Food and Beverages (Effective July 1, 2009) • Complying with Connecticut General Statutes¹

Effective July 1, 2006, Section 10-221q of the Connecticut General Statutes (CGS) restricts the sale of beverages to students in all public schools, including charter schools, interdistrict magnet schools and endowed academies. CGS Sections 10-215f and 10-215b allow public school districts participating in the National School Lunch Program to receive additional funds if all food items sold to students separately from a U.S. Department of Agriculture (USDA) reimbursable breakfast or lunch meet the Connecticut Nutrition Standards. This document summarizes the statutory requirements for beverages and the Connecticut Nutrition Standards for food in school. The complete version of the Connecticut Nutrition Standards, including the rationale for development and additional recommendations for implementation, is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>.

Beverages Allowed in Connecticut Public Schools (Per Section 10-221q of the Connecticut General Statutes) ¹ No other beverages can be sold to students ²					Additional Recommendations (Not Required by Section 10-221q)
Beverage Item	Portion Size Limit	Fat	Saturated Fats	Sugars and Sweeteners	
Milk (flavored and unflavored)	12 fluid ounces			No more than 4 grams total sugars per ounce. No artificial sweeteners.	Serve plain and flavored low-fat (1%) and nonfat (skim) milk.
Nondairy milks (flavored and unflavored), e.g., soy or rice milk	12 fluid ounces	No more than 35 percent of calories.	No more than 10 percent of calories.	No more than 4 grams total sugars per ounce. No artificial sweeteners.	
100 percent juice (fruit, vegetable or combination)	12 fluid ounces			No added sugars, sweeteners or artificial sweeteners.	
Water and Juice Beverage (contain water and some portion of 100 percent fruit and/or vegetable juice)	12 fluid ounces			No added sugars, sweeteners or artificial sweeteners.	
Water (plain or flavored)	Unlimited			No added sugars, sweeteners, artificial sweeteners or caffeine.	

¹ See *State Statutes on School Food and Beverages* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754>. For additional information on beverages, see *Allowable Beverages in Connecticut Schools* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf.

² Beverage that are not listed above can only be sold to students if the board of education or school governing authority takes action to permit them and 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) the sale is at the location of the event; and (3) the beverages are not sold from a vending machine or school store. An event is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity, e.g., soccer games and school plays are events but soccer practices and play rehearsals are not. 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.

Nutrition Standards for Food: These standards are **recommended** for all food available at school and are **required** for all public schools that choose to implement healthy food certification under Section 10-215f of the Connecticut General Statutes.³ These standards apply to all food sold to students on school premises separately from school meals, including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities, regardless of whether they are sponsored by the school or an outside group.⁴

Nutrition Standards for Food^{4,5} (Per Section 10-215e of the Connecticut General Statutes)

Category	Portion Size Limit	Fat	Saturated Fats	Trans Fats ⁶	Added Sugars	Sodium	Caffeine	Fiber and Whole Grains	Condiments	Additional Recommendations
Snacks and Desserts	Package that does not exceed the serving size limits specified below: <ul style="list-style-type: none"> Baked chips, popcorn, rice cakes, puffed snacks: 1.25 oz. Crackers, hard pretzels, pita chips, snack mix: 1.75 oz. Peanut butter-filled crackers, 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, ice cream: 4 fluid ounces (½ cup) Pudding, parfaits and cottage cheese: 4 fluid ounces (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 fluid ounces Cheese (low-fat recommended): 2 oz. Nut butters, e.g., peanut butter, almond butter, soy butter: 4 Tbsp. 	No more than 35 percent of total calories and 7 grams per package. Exception: The naturally occurring fats in nuts, seeds, peanut and other nut butters and cheeses are exempt from the fat standards if served in the specified portion sizes. Added fats are not exempt. No chemically altered fat substitutes.	No more than 10 percent of calories and 2 grams per package.	Zero trans fats (<0.5 gram).	No more than 35 percent by weight and 15 grams per package. No artificial sweeteners or sugar alcohols.	No more than 500 milligrams per package	No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	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 snack items made from enriched flour.	Limit use and provide low-fat, low-sugar and low-sodium varieties. 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.	<ul style="list-style-type: none"> Choose nut butters without hydrogenated oils. Serve low-fat yogurt and low-fat 100 percent real cheese. Choose foods with fewer additives. Typically, the more additives, the more processed the item and the more fats and sugars that are used in processing. Focus on whole foods that are naturally nutrient rich. (See Connecticut Nutrition Standards for additional information.)

³ Healthy food certification under CGS Section 10-215f requires that all public school districts participating in the National School Lunch Program (including the Connecticut Technical High School System, charter schools, interdistrict magnet schools and endowed academies) must certify annually whether they will follow the Connecticut Nutrition Standards.

⁴ Foods that do not meet the Connecticut Nutrition Standards can only be sold to students if the board of education or school governing authority takes action to permit them and 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; (2) the sale is at the location of the event; and (3) the food is not sold from a vending machine or school store. (See description of "event" and "regular school day" in footnote 2 above.)

⁵ Significantly fortified products are not allowed unless they are naturally nutrient-rich foods and beverages fortified with nutrients at levels based on scientifically documented health needs, e.g., milk fortified with vitamins A and D, breakfast cereals fortified with iron, orange juice fortified with calcium or grain products fortified with folic acid. Products containing nutrition supplements (e.g., amino acids, extracts, herbs or other botanicals) are not allowed, regardless of whether their nutrient content meets the Connecticut Nutrition Standards for food or the state statutes for beverages. (For additional information, see <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>.)

⁶ Most trans fats 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, select products without hydrogenated oils or shortening.

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Nutrition Standards for Food^{4,5} (Per Section 10-215e of the Connecticut General Statutes), Continued

Category	Portion Size Limit	Fat	Saturated Fats	Trans Fats ⁶	Added Sugars	Sodium	Caffeine	Fiber and Whole Grains	Condiments	Additional Recommendations
Entree Items⁷ Planned as Part of USDA Reimbursable School Meals and Sold A La Carte	No larger than the serving size that is planned and served as part of the reimbursable meal for the appropriate age/grade group under the USDA meal pattern.	<i>If an entree item that is planned and served as part of a USDA reimbursable school meal for the day is also sold a la carte on the same day, it does not need to meet any additional nutrition standards. USDA meals are already planned to meet the required USDA nutrient standards. USDA's nutrient standards address calories and nutrients, and also set limits for fat and saturated fats. Entree items planned as part of a reimbursable school meal have been selected to fit into the USDA nutrient standards based on the weekly school menu.</i>								<ul style="list-style-type: none"> Choose entree items that are lower in fat, saturated fats, sodium and added sugars. Serve entree items containing fruits, vegetables, legumes and whole grains (e.g., whole-grain breads and pasta) more often. Use low-fat cooking techniques. If fats are used, select fats that are trans fat free, e.g., no hydrogenated oils or shortening. Read labels and select entree items that are trans fat free. Set a la carte prices that encourage students to choose the reimbursable meal instead of a single entree item, e.g., set prices so that the cost of purchasing individual a la carte items is greater than the cost of purchasing the complete reimbursable meal.
Entree Items⁷ Sold Only A La Carte <i>(Not planned and served as part of a reimbursable school meal)</i>	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.	No more than 18 grams per entree. No chemically altered fat substitutes.	No more than 5 grams per entree.	Zero artificial trans fats (<0.5 gram).	No more than 15 grams per entree. No artificial sweeteners or sugar alcohols.	No more than 500 milligrams per entree	No caffeine, with the exception of trace amounts of naturally occurring caffeine-related substances.	Increase choices of entrees with whole grains and foods containing fiber.	Limit use and provide low-fat, low-sugar and low-sodium varieties. Any condiments packaged with a food (e.g., hamburger with ketchup), <i>must</i> be included when determining whether the food meets the Connecticut Nutrition Standards.	<ul style="list-style-type: none"> Minimize added fats in cooking. If fats are used, select fats that are trans fat free, e.g., no hydrogenated oils or shortening. Eliminate salt from cooking. Read labels for sodium content.
Cooked Grains, e.g., Rice, Pasta	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.	No more than 7 grams per serving. No chemically altered fat substitutes.	No more than 2 grams per serving.	Same as above.	No more than 15 grams per serving. No artificial sweeteners or sugar alcohols.	No more than 500 milligrams per serving	Same as above.	Increase choices of whole grains and naturally occurring grains (those with minimal/trace amounts of added fats and no added sugars).	Same as above.	<ul style="list-style-type: none"> Minimize added fats in cooking. If fats are used, select fats that are trans fat free, e.g., no hydrogenated oils or shortening. Eliminate salt from cooking. Read labels for sodium content.
Soups	1 cup	No more than 7 grams per serving. No chemically altered fat substitutes.	No more than 2 grams per serving.	Same as above.	No more than 15 grams per serving. No artificial sweeteners or sugar alcohols.	No more than 1,000 milligrams per serving	Same as above.	Increase choices of soup with vegetables, legumes and whole grains.	Same as above.	<ul style="list-style-type: none"> Serve soups made with vegetables, legumes (e.g., kidney beans, lentils) and whole grains (e.g., brown rice, whole-grain barley, whole-grain pasta) more often. Serve reduced- or low-sodium soups or soup bases. Read labels for sodium content.
Fruits and Vegetables <i>Fruit roll-ups or fruit snacks that are not 100% fruit do not meet the nutrition standards</i>	½ cup minimum for quality fruits and vegetables (prepared and packaged without added fats sugars, or sodium) ½ cup maximum for vegetables or fruits with added fats 1.5 ounces (oz.) maximum for dried fruit	No more than 35 percent of total calories and 7 grams per serving. No chemically altered fat substitutes.	No more than 10 percent of total calories and 2 grams per serving.	Same as above.	No more than 35 percent by weight and 15 grams per serving. No artificial sweeteners or sugar alcohols.	No more than 500 milligrams per serving	Same as above.	Offer a variety of fruits and vegetables every day. Include all five vegetable subgroups (dark green, orange, legumes, starchy vegetables and other vegetables).	Same as above.	<ul style="list-style-type: none"> Choose fruits and vegetables without added fats or limit amount of added fats. Make quality fruits and vegetables available at any place snack items are sold. For example, dried fruit in vending machines; fresh fruits and vegetables such as pineapple slices, melon cubes and baby carrots in a la carte lines and school stores.

⁶ Most trans fats 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, select products without hydrogenated oils or shortening.

⁷ 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, chicken nuggets), excluding yogurt, nuts and seeds. Yogurt, nuts and seeds are addressed by the nutrition standards for the Snacks and Desserts category. For additional information, see *Connecticut Nutrition Standards for Food in Schools*, <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/CTNutritionStandards.pdf>.

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