

# Healthy Food Certification (HFC) FUNDRAISER REQUIREMENTS



**Connecticut State Department of Education (CSDE)  
Bureau of Health/Nutrition, Family Services and Adult Education**

- **This presentation provides general guidance regarding the fundraiser requirements for HFC under Section 10-215f of the Connecticut General Statutes (CGS)**
- **For specific questions or additional guidance, please contact the Connecticut State Department of Education (CSDE)**
- **See slide 73 for CSDE contact information**

# Abbreviations

<b>CGS</b>	<b>Connecticut General Statutes</b>
<b>CNS</b>	<b>Connecticut Nutrition Standards</b>
<b>CSDE</b>	<b>Connecticut State Department of Education</b>
<b>HFC</b>	<b>Healthy Food Certification</b>
<b>NSLP</b>	<b>National School Lunch Program</b>
<b>USDA</b>	<b>U.S. Department of Agriculture</b>

# HFC OVERVIEW



# HFC

- CGS Section 10-215f requires all public schools that participate in the NSLP to **CERTIFY ANNUALLY** to the CSDE whether they will or will not follow the Connecticut Nutrition Standards (CNS)
- The CNS applies to **ALL COMPETITIVE FOOD SALES**, including fundraisers



# Connecticut Nutrition Standards

- Applies to all foods sold to students **SEPARATELY** from reimbursable meals (competitive foods)
- Requires foods to meet at least one **GENERAL STANDARD** and all **NUTRIENT** standards, e.g., fat, saturated fat, sodium, sugars, trans fat
- Promotes **NUTRIENT-RICH FOODS** such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes and lean meats

# Competitive Foods

Any foods and beverages sold to students at any time on school premises other than meals served through USDA school meal programs

- A la carte sales in the cafeteria
- Vending machines
- School stores
- Fundraisers
- Any other sources selling food to students



## DEFINITION

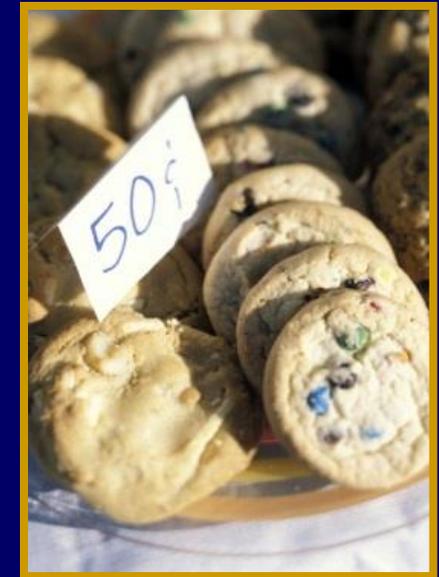
# Sale

The exchange of foods or beverages for a determined amount of **MONEY OR ITS EQUIVALENT** (e.g., gift cards, tickets, coupons, tokens or similar items), including any activities that suggest a **STUDENT DONATION** in exchange for foods and beverages



# Fundraisers

Any activities conducted by any school-related or outside organization or group on school premises, during which **MONEY OR ITS EQUIVALENT** is **EXCHANGED FOR THE PURCHASE OF A PRODUCT** in support of the school or school-related activities



- Includes activities that suggest a **STUDENT DONATION** in exchange for foods and beverages

# School Premises

All areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school



# Food Exemptions



Foods that do not comply with CNS can **ONLY** be sold as fundraisers if

1. board of education or school governing **VOTES** to allow exemptions (indicated on district's annual HFC Statement) **AND**
2. sales meet the **three exemption criteria AND**
3. sales comply with **state competitive foods regulation** (Section 10-215b-23 of the Regulations of Connecticut State Agencies (see slide 16) and **CGS Section 10-221p** (see slides 18-19)

# Three Exemption Criteria

1. The sale is held at 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 foods and beverages are **NOT SOLD** from a vending machine or school store



## DEFINITION

# Regular School Day

The period from **MIDNIGHT BEFORE TO 30 MINUTES AFTER** the end of the official school day



## DEFINITION

# Event

An occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity



Event	Not An Event
soccer game	soccer practice
high school debate	debating team practice
school play	play rehearsals
school chess match	chess club

# Examples of Events \*

- Awards banquets
- Boy Scout Blue & Gold Dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Field days
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School dances
- School fairs, e.g., health, science and math
- Silent auctions
- Sports banquets
- Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball and cross country
- Talent shows
- Theatrical production

**\* This list is not all-inclusive**

**Contact the CSDE to determine whether specific district fundraising activities meet the definition of event**

# State Competitive Foods Regulation

## Section 10-215b-23 *Income from the sale of food items*

- Any income from the sale of foods and beverages to students anywhere on school premises from **30 MINUTES BEFORE UNTIL 30 MINUTES AFTER** any state or federally subsidized nutrition program\* must accrue to the **SCHOOL FOOD SERVICE PROGRAM**

\* School nutrition programs include the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) and Special Milk Program (SMP)

# Connecticut Competitive Foods Regulations

## CONNECTICUT COMPETITIVE FOODS REGULATIONS

Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies apply to all Connecticut public schools, private schools and residential child care institutions (RCCIs) that participate in the U.S. Department of Agriculture (USDA) school nutrition programs, e.g., National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) and Special Milk Program (SMP). These state regulations address restrictions for accrual of income, and sale and dispensing of competitive foods to students.

- “Competitive foods” are all foods and beverages available for sale to students on school premises separately from reimbursable school meals. The state competitive foods regulations and USDA Smart Snacks nutrition standards address sales of competitive foods during the school day. The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) and allowable beverages address sales of competitive foods at all times, except for sales that meet specific exemption criteria.
- “Sale” means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens, and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages.
- “School premises” include all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system or the governing authority district or school.
- The “school day” is the period from midnight before to 30 minutes after the end of the official school day.



### Regulations of Connecticut State Agencies for Competitive Foods

#### Section 10-215b-1

(a) No school food authority shall permit the sale or dispensing to students of extra food items anywhere on the school premises from thirty minutes prior to the start of any state or federally subsidized milk or food service program until thirty minutes after such program.

(b) “Extra food items” means tea, coffee, soft drinks and candy.

(c) “School food authority” means the governing body which has the legal authority to operate one or more school feeding programs and receive state or federal subsidies for the operation of any such program.

(d) The provisions of this section shall not apply to the Department of Corrections.

(Effective August 25, 1992)

#### Section 10-215b-23

The income from the sale to students of food items, anywhere on the school premises from 30 minutes prior to the start of any state or federally subsidized milk or food service program until thirty minutes after any such program, shall accrue to the school food authority for the benefit of state or federally subsidized milk or food service programs.

(Effective August 25, 1992)

Some stricter provisions of the C.G.S. and the USDA Smart Snacks nutrition standards require further restrictions. This document summarizes these restrictions. For more information, see the Connecticut State Department of Education’s (CSDE) [Guide to Competitive Foods in Schools](#).

# CGS Section 10-221p

- When foods are available for **PURCHASE** by students during the school day, nutritious and low-fat foods must also be available for sale at the **LOCATION** of the food fundraiser or **ELSEWHERE ON SCHOOL PREMISES** at the same time
- When pre-purchased foods are **DISTRIBUTED** to students at school during the school day, nutritious and low-fat foods must be **AVAILABLE FOR PURCHASE** at the **SAME TIME** that students **PICK UP** the foods
- Applies to **ALL PUBLIC SCHOOLS** regardless of whether they participate in the NSLP or HFC

## Nutritious and Low-fat Foods

Low-fat dairy products  
and fresh or dried fruit



- Examples of **LOW-FAT DAIRY PRODUCTS** include low-fat or nonfat yogurt, cheese and cottage cheese
- Low-fat milk is a beverage and cannot be used to meet the statutory requirements

# Selling Foods that Comply with CNS

Foods that comply with CNS can be sold as fundraisers on school premises at any time **IF** the sales also comply with

- **STATE COMPETITIVE FOODS REGULATION** (Section 10-215b-23 of the Regulations of Connecticut State Agencies (see slide 16)



**AND**

- **CGS SECTION 10-221P** (see slides 18-19)

# Tips for Local Fundraiser Procedures

- Establish a **DISTRICTWIDE PROCEDURE** for approving fundraisers
- Identify a district or school **POINT PERSON** for approval of all fundraisers
- Develop a **FUNDRAISER APPROVAL FORM** that is required for all fundraising organizations
- **MAINTAIN RECORDS** of all school fundraisers



# Test Your Knowledge

## Fundraisers

- The following ten scenarios assume that the district's annual HFC Statement **ALLOWS** food exemptions
- Decide whether each fundraising scenario meets the HFC requirements
  - The slides following each scenario indicate **WHY** the fundraiser does or does not comply
  - If the fundraiser does not comply, **POSSIBLE MODIFICATIONS** are provided



# Does this Fundraiser Comply with HFC?

## SCENARIO 1

Students use a fundraising catalog to sell food (e.g., cakes, pies, candy and cookie dough) to families, friends and neighbors off school premises. The students deliver the food orders and money to school. When the food arrives two months later, the students pick up the food items at school and bring them home for distribution.



# Does this Fundraiser Comply with HFC?

## SCENARIO 1

Students use a fundraising catalog to sell food (e.g., cakes, pies, candy and cookie dough) to families, friends and neighbors off school premises. The students deliver the food orders and money to school. When the food arrives two months later, the students pick up the food items at school and bring them home for distribution.



**NO**

If students **DELIVER** fundraiser orders and money to school and **PICK UP** the fundraiser foods at school, the fundraiser is selling food to students on school premises

# Criteria for Allowable Catalog Fundraisers

- Students can **BRING HOME FUNDRAISING FLIERS AND CATALOGS** and sell foods such as pies, candy and cookie dough off school premises
- Students can bring fundraiser orders and money to school but **ADULTS MUST PICK UP** the food items for delivery to customers



This information must be **CLEARLY INDICATED** on the fundraising flier and any written communication regarding the fundraiser

# Modifications to Make Scenario 1 Comply

- Have **PARENTS** pick up food items at school
- Distribute food items on school premises at the location of an **EVENT** held **AFTER** the school day or on the weekend, e.g., parent open house \*
- Distribute food items at a location **OFF SCHOOL PREMISES**, e.g., community center

\* Board must have voted to allow food exemptions (check district's annual HFC Statement)

# Does this Fundraiser Comply with HFC?

## SCENARIO 2

Thirty minutes after school ends, students in a school club set up tables in the hallway to sell candy bars to students.



# Does this Fundraiser Comply with HFC?

## SCENARIO 2

Thirty minutes after school ends, students in a school club set up tables in the hallway to sell candy bars to students.



**NO**

The candy sales are not held at the location of an **EVENT**

# Criteria for Candy Sales\* on School Premises

Candy sales are only allowed at school if

1. the district's annual HFC statement **ALLOWS FOOD EXEMPTIONS AND**
2. the sale occurs at the location of an **EVENT** held **AFTER** the school day or on the weekend, but not from a vending machine or school store

\* Includes all candy, sugarless candy, gum and sugarless gum



# Examples of Candy\*

All types of regular and sugar-free varieties

- Chocolates
- Chocolate-covered nuts and fruits
- Candy bars
- Hard candies and lollipops
- Caramels, taffy, licorice,
- Jelly candies, e.g., gumdrops, gummies and jelly beans
- Breath mints



\* This list is not all-inclusive

# Modifications to Make Scenario 2 Comply

- Sell the candy bars on school premises at the location of an **EVENT** held **AFTER** the school day or on the weekend \*
- Sell the candy bars at a location **OFF SCHOOL PREMISES**

\* Board must have voted to allow food exemptions (check district's annual HFC Statement)

# Does this Fundraiser Comply with HFC?

## SCENARIO 3

Parent volunteers hold a bake sale to raise money for the high school football team. The bake sale occurs during a football game that starts one hour after school, and is located next to the football field.



# Does this Fundraiser Comply with HFC?

## SCENARIO 3

Parent volunteers hold a bake sale to raise money for the high school football team. The bake sale occurs during a football game that starts one hour after school, and is located next to the football field.



YES

The bake sale is at the **LOCATION** (football field) of an **EVENT** (football game) held **AFTER** the school day

# Does this Fundraiser Comply with HFC?

## SCENARIO 4

A student club sells cookies that are on the CSDE's *List of Acceptable Foods and Beverages* as a fundraiser during the school day.



# Does this Fundraiser Comply with HFC?

## SCENARIO 4

A student club sells cookies that are on the CSDE's *List of Acceptable Foods and Beverages* as a fundraiser during the school day.



**YES \***

**Foods on the CSDE's *List of Acceptable Foods and Beverages* comply with the CNS**

**\* BUT ONLY IF the sales ALSO COMPLY with the state competitive foods regulation (see slide 16) and CGS Section 10-221p (see slides 18-19)**

# Criteria for Bake Sales on School Premises

Bake sales are only allowed at school if

- The district's annual HFC statement allows food exemptions **AND** the sale occurs at location of an event held after the school day or on the weekend



**OR**

- All foods sold at the bake sale comply with CNS **AND** the sales comply with state competitive foods regulation (see slide 16) **AND** CGS Section 10-221p (see slides 18-19)

# Does this Fundraiser Comply with HFC?

## SCENARIO 5

Thirty minutes after school ends, a student group sells cookies to raise money for a class trip. The students sell the cookies in the cafeteria, while a soccer game is played on the school's soccer field.



# Does this Fundraiser Comply with HFC?

## SCENARIO 5

Thirty minutes after school ends, a student group sells cookies to raise money for a class trip. The students sell the cookies in the cafeteria, while a soccer game is played on the school's soccer field.



**NO**

The cookie sales are not held at the **LOCATION** (soccer field) of the **EVENT** (soccer game)

## Location

- Sales must occur at the **LOCATION** of an **EVENT** held after the school day
- “Location” means **WHERE** the event is being held



# Modifications To Make Scenario 5 Comply

- Sell cookies at location of an **EVENT** held **AFTER** the school day or on the weekend, e.g., at the soccer field \*
- Sell cookies at location **OFF SCHOOL PREMISES**
- Sell cookies that **COMPLY** with CNS

\* Board must have voted to allow food exemptions (check district's annual HFC Statement)

# Does this Fundraiser Comply with HFC?

## SCENARIO 6

A student group sells pies to school staff during the school day.



# Does this Fundraiser Comply with HFC?

## SCENARIO 6

A student group sells pies to school staff during the school day.



The pies are being sold only to **ADULTS** not students

# Sales to Adults

- CNS applies only to food sales to **STUDENTS**
- Foods sold to teachers and school staff are not required to meet CNS if they are **NOT ACCESSIBLE** to students



# Does this Fundraiser Comply with HFC?

## SCENARIO 7

On Election Day, when school is not in session, the town uses a school building to conduct voting.

Volunteers sell cookies and doughnuts to adults and students during the day.



# Does this Fundraiser Comply with HFC?

## SCENARIO 7

On Election Day, when school is not in session, the town uses a school building to conduct voting.

Volunteers sell cookies and doughnuts to adults and students during the day.



**YES**

Election day is an **EVENT** held after the school day

# Criteria for Fundraisers on School Premises

Fundraisers are allowed at school if

**1.** district's annual HFC Statement allows exemptions

**AND**

**2.** food sales meet exemption criteria \*



\* Sales must be at the location of an **EVENT** held **AFTER** the school day or on the weekend, but not from a vending machine or school store

# Does this Fundraiser Comply with HFC?

## SCENARIO 8

During the school day, a student sports team sells gift cards that are redeemable for food at local businesses.



# Does this Fundraiser Comply with HFC?

## SCENARIO 8

During the school day, a student sports team sells gift cards that are redeemable for food at local businesses.



**NO**

Gift cards redeemable for food are the same as selling food (see slide 8)

# Gift Cards

- Fundraisers of coupons\*, tickets, gift cards\*, entertainment books, tokens or similar items that are **REDEEMABLE** for foods are the same as selling foods to students

\* Includes coupons or cards that are redeemable at businesses selling foods, e.g., restaurants, convenience stores, fast food chains and local dining establishments



**SALE** is the exchange of foods or beverages for **MONEY OR ITS EQUIVALENT**

# Modifications To Make Scenario 8 Comply

- All foods that can be purchased with gift cards **COMPLY** with CNS
- Sell gift cards at location of an **EVENT** held **AFTER** the school day or on the weekend \*
- Sell gift cards at location **OFF SCHOOL PREMISES**
- Students bring orders and money for gift cards to school but **ADULTS PICK UP** gift cards for delivery to customers

\* Board must have voted to allow food exemptions (check district's annual HFC Statement)

# Does this Fundraiser Comply with HFC?

## SCENARIO 9

A student club sells candy grams for a holiday. Students purchase a ticket for candy that will be given to another student at a later date.



# Does this Fundraiser Comply with HFC?

## SCENARIO 9

A student club sells candy grams for a holiday. Students purchase a ticket for candy that will be given to another student at a later date.



**NO**

**Selling tickets that are redeemable for food is the same as selling food (see slide 8)**

# Candy Grams

- Providing coupons, tickets or similar items that are **REDEEMABLE** for candy is the same as selling candy to students
- It does not matter **WHEN** students purchase or distribute candy



**SALE** is the exchange of foods or beverages for **MONEY OR ITS EQUIVALENT**

# Modifications To Make Scenario 9 Comply

- Distribute candy on school premises at location of an **EVENT** held **AFTER** the school day or on the weekend \*
- Distribute candy at location **OFF SCHOOL PREMISES**
- Have **PARENTS** pick up candy for delivery to students

\* Board must have voted to allow food exemptions (check district's annual HFC Statement)

# Does this Fundraiser Comply with HFC?

## SCENARIO 10

**A school club sells tickets to a family pancake breakfast that will take place on school premises in the morning before school starts.**



# Does this Fundraiser Comply with HFC?

## SCENARIO 10

A school club sells tickets to a family pancake breakfast that will take place on school premises in the morning before school starts.



**NO**

The pancake breakfast is an event but it is not held **AFTER** the school day

# Sales Must be **AFTER** the School Day

- The school day is the period from **MIDNIGHT BEFORE TO 30 MINUTES AFTER** the end of the official school day
- Noncompliant foods can only be sold at the location of an **EVENT** held **AFTER** the school day (up until **11:59 PM** the night before)



**EXAMPLE:** If the school day ends at 3:00 PM, noncompliant foods can **ONLY** be sold from **3:31 PM** through **11:59 PM**

# Modification To Make Scenario 10 Comply

- Schedule “breakfast for dinner” **AFTER** the school day \*
- Hold pancake breakfast **OFF SCHOOL PREMISES**

\* Board must have voted to allow food exemptions (check district’s annual HFC Statement)

# RESOURCES



# Food and Beverage Requirements for Fundraisers

## Food and Beverage Requirements for Fundraisers

### PUBLIC SCHOOLS CHOOSING HEALTHY FOOD CERTIFICATION

This document summarizes the requirements for food and beverage fundraisers in public schools that choose to implement Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.). “Fundraisers” are any activities during which money or its equivalent (such as tickets, coupons, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation for foods and beverages, since funds may be raised as a result.



- The requirements for food fundraisers in public schools are governed by the Connecticut Nutrition Standards (CNS) of C.G.S. [Section 10-215e](#), the state competitive foods regulations (Section 10-Guide to 215b-23 of the Regulations of Connecticut State Agencies) and the state requirement to sell healthy food choices (C.G.S. [Section 10-221p](#)).
- The requirements for beverage fundraisers in public schools are governed by the state beverage requirements of C.G.S. [Section 10-221q](#) and the U.S. Department of Agriculture (USDA) Smart Snacks nutrition standards for competitive foods, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010* (Federal Register, Vol. 81, No. 146, July 29, 2016).

These federal and state laws apply to all fundraising activities conducted on school premises by school-related organizations (such as student clubs, sports teams, and music programs) and outside organizations not affiliated with the school, such as scouting programs and other youth-based community organizations.

#### FOOD FUNDRAISERS

All foods sold to students in HFC public schools must comply with the CNS, including fundraisers using commercial products such as potato chips, candy bars, frozen cookie dough and muffin mix, and fundraisers using foods made from scratch such as baked goods, popcorn, sandwiches, and smoothies. Foods that do not comply with the CNS can only be sold to students if the local board of education or school governing authority votes to allow exemptions and the food sales meet the specific exemption criteria (see “Food and Beverage Exemptions”). For more information, see the Connecticut State Department of Education’s (CSDE) handout, *Summary of Connecticut Nutrition Standards*, and the CNS webpage.

#### BEVERAGE FUNDRAISERS

All beverages sold to students as fundraisers must comply with Smart Snacks and the stricter provisions of the state beverage statute (C.G.S. [Section 10-221q](#)). The Smart Snacks standards apply only to beverages sold to students during the school day. The state beverage statute applies to beverages sold to students at all times, regardless of whether public schools participate in the USDA school nutrition programs. Beverages that do not comply with the state beverage statute can only be sold to students if the local board of education or school governing authority votes to allow exemptions and the beverage sales meet the specific exemption criteria (see “Food and Beverage Exemptions”). For more information, see the CSDE’s handouts, *Allowable Beverages in Connecticut Public Schools* and *Summary of Smart Snacks Nutrition Standards*, and the [Beverage Requirements](#) webpage.

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# Sample Fundraiser Form

**< Insert District Name > Request Form for Food and Beverage Fundraisers in HFC Public Schools**

Complete this form for all school food and beverage fundraisers and submit to <Insert name and title of person who will coordinate fundraising for the school or district>, <Insert school name and address, if needed> by <Insert date>.

All food fundraisers must meet the Connecticut Nutrition Standards and all beverage fundraisers must meet the beverage requirements of Section 10-221q of the Connecticut General Statutes and the USDA Smart Snacks standards unless the board of education votes to allow exemptions and the foods and beverages are 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. Information on acceptable fundraisers can be found in the Connecticut State Department of Education's (CSDE) handout, *Requirements for Food and Beverage Fundraisers*.

School Where Fundraiser Will Occur: \_\_\_\_\_

Fundraising Organization: \_\_\_\_\_

Fundraising Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date(s) of Fundraiser: FROM \_\_\_\_\_ TO \_\_\_\_\_  
month / day / year month / day / year

- Will the fundraiser sell any food items?  Yes  No, Skip to question 2
  - Do the food items meet the Connecticut Nutrition Standards?
    - No
    - Yes, how determined? (e.g., items are on the CSDE's *List of Acceptable Foods and Beverages*\*, conducted recipe analysis)
- Will the fundraiser sell any beverages?  Yes  No, Skip to question 3
  - Do the beverages meet the requirements of state statute?
    - No
    - Yes, how determined? (e.g., items are on the CSDE's *List of Acceptable Foods and Beverages*\*, conducted recipe analysis)
- List all food or beverage items sold, e.g., candy, cookie dough, cakes, soda, etc. (*Attach additional pages if necessary*)
 

Manufacturer	Food or Beverage
- Who will the fundraiser items be sold to? (*Check all that apply*)
  - Students  Parents and Other Adults  School Staff  Other (Specify): \_\_\_\_\_
- Where will the fundraiser be conducted? (*Check all that apply*)  On school premises  Off school premises
- When will the fundraiser be conducted? (*Check all that apply*)  During school day: *Indicate times* \_\_\_\_\_  
 After school day: *Indicate times* \_\_\_\_\_  Weekends: *Indicate times* \_\_\_\_\_
- Will the fundraiser be conducted at the location of an event that has been exempted by the board of education?
  - No
  - Yes, describe event: \_\_\_\_\_
- How will the fundraiser be conducted? Explain the sales process, money collection process and pick up procedures:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\* The CSDE's *List of Acceptable Foods and Beverages* includes brand-specific foods that meet state and federal requirements for competitive foods.

**For District Use Only: Fundraiser is (Check One):**  
 Approved: Fundraiser meets CNS and/or state beverage statute and will be conducted in compliance with HFC requirements.  
 Not Approved: Reason \_\_\_\_\_

\_\_\_\_\_  
Signature <Insert Title of Authorized Individual> Date

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[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundformhfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/fundformhfc.pdf)

[www.sde.ct.gov/sde/lib/sde/word\\_docs/deps/nutrition/hfc/fundformhfc.doc](http://www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/hfc/fundformhfc.doc)

# Healthy Fundraising

## HEALTHY FUNDRAISING

### Promoting a Healthy School Environment



Candy, baked goods, salty snacks, soda and other foods with little nutritional value are commonly used for fundraising at school. Schools may make easy money selling these foods, but students pay the price. An environment that constantly provides children with unhealthy foods promotes unhealthy habits that can have lifelong impact. As America faces a national epidemic of overweight children, many schools are turning to healthy fundraising alternatives.

### Benefits of Healthy Fundraising

- ▶ **Healthy Kids Learn Better:** Research clearly demonstrates that good nutrition is linked to better behavior and academic performance. To provide the best possible learning environment for children, schools must also provide an environment that supports healthy behaviors.
- ▶ **Provides Consistent Messages:** Fundraising with nonfood items and healthy foods demonstrates a school commitment to promoting healthy behaviors. It supports the classroom lessons students are learning about health, instead of contradicting them.
- ▶ **Promotes a Healthy School Environment:** Students need to receive consistent, reliable health information and ample opportunity to use it. Healthy fundraising alternatives are an important part of providing a healthy school environment. They promote positive lifestyle choices to reduce student health risks and improve learning.

#### Children's Eating Habits are Poor

Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.<sup>1</sup> Between 1980 and 2004, obesity tripled among children and adolescents.<sup>2</sup> Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.<sup>3</sup> Their diets do not include enough fruits, vegetables (particularly dark green and orange vegetables and legumes), whole grains or calcium-rich foods, and are too high in sodium, saturated fat and added sugars.<sup>4</sup>

### Consequences of Unhealthy Fundraising

- ▶ **Compromises Classroom Learning:** Selling unhealthy foods contradicts nutrition messages taught in the classroom. Schools are designed to teach and model appropriate skills and behaviors. Nutrition principles taught in the classroom are meaningless if they are contradicted by other activities that promote unhealthy choices, like selling candy. It's like saying, "You need to eat healthy foods to feel and do your best, but it is more important for us to make money than for you to be healthy and do well." Classroom learning about nutrition remains strictly theoretical if the school environment regularly promotes unhealthy behaviors.
- ▶ **Promotes the Wrong Message:** Selling unhealthy foods promotes the message that schools care more about making money than student health. Schools would never raise money with anything else that increases student health risks, but food fundraisers are often overlooked. As schools promote healthy lifestyle choices to reduce student health risks and improve learning, school fundraisers must be included.



- ▶ **Contributes to Poor Health:** Foods commonly used as fundraisers (like chocolate, candy, soda and baked goods) provide unneeded calories and displace healthier food choices. Skyrocketing obesity rates among children are resulting in serious health consequences, such as increased incidence of type 2 diabetes and high blood pressure.

### Fundraisers Must Meet State Requirements

- Section 10-215b-1 of the Regulations of Connecticut State Agencies prohibits schools from selling or dispensing candy to students anywhere on school premises from 30 minutes before the start of any state or federally subsidized meal or meal program until 30 minutes after the end of the program. Section 10-215b-23 specifies that income from the sale of any foods or beverages anywhere on school premises during this time frame must accrue to the food service account.
- Section 10-221p of the Connecticut General Statutes (C.G.S.), 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. For additional guidance, see *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](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HF_Q&A.pdf).
- C.G.S. Section 10-221q specifies that all beverages sold in public schools must comply with specific requirements. For more information, see *Beverage Requirements* at <http://www.sde.ct.gov/sde/cwp/view.asp?1=2626&q=322418>.
- Districts that participate in healthy food certification under C.G.S. Section 10-215f

must ensure that all food fundraisers meet state requirements. For more information, see *Fundraising with Foods and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Fundraising.pdf>.

- Consult the district's school wellness policy, as there may be stricter local requirements regarding food and beverage sales.
- For more information on Connecticut's requirements for foods and beverages, see the Connecticut State Department of Education Web site (School Foods and Beverages page) at <http://www.sde.ct.gov/sde/cwp/view.asp?1=2626&q=322416>.

## IDEAS FOR HEALTHY FUNDRAISING ALTERNATIVES\*

Schools can help promote a healthy learning environment by using healthy fundraising alternatives.

### Items You Can Sell

- Activity theme bags
- Air fresheners
- Bath accessories
- Balloon bouquets
- Batteries
- Books
- Brick/stone/tile memorials
- Buttons, pins
- Candles
- Coffee cups or mugs
- Crafts
- Compton books (nonfood items)
- Emergency kits for cars
- First aid kits
- Flowers, bulbs, plants
- Foot warmers
- Football seats
- Garden seeds
- Gift baskets (nonfood items)
- Gift certificates (nonfood items)
- Gift items
- Gift wrap, boxes and bags
- Graduation tickets
- Greeting cards
- Hats
- Holiday ornaments
- Holiday wreaths
- House decorations
- Jewelry
- Magazine subscriptions
- Monograms
- Music, CDs, DVDs
- Newspaper space, ads
- Parking spot (preferred location)
- Pet treats/toys/accessories
- Plants
- 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
- Souvenir cups
- Spirit/seasonal flags
- Stadium pillows
- Stationery
- Student directories
- Stuffed animals
- Valentine flowers
- Yearbook covers
- Yearbook graffiti

### Healthy Foods

- Fresh fruit
- Frozen bananas
- Fruit and nut baskets
- Fruit and yogurt parfaits
- Fruit smoothies
- Trail mix

### Sell Custom Merchandise

- Banner stickers and decals
- Calendars
- Cookbook of healthy recipes made by school
- Flying discs with school logo
- License plates or holders with school logo
- Logo air fresheners
- School spirit gear
- T-shirts/sweatshirts

### Activities Supporting Academics

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

### Things You Can Do

- Auction
- Bike-a-thon
- Bowling night/bowl-a-thon
- Car wash (presell tickets as gifts)
- Carnivals/festivals
- Dances (kids, father/daughter, Sadie Hawkins)
- Family/glamour portraits
- Fun runs
- Gift wrapping
- Golf tournament
- Jump-rope-a-thon
- Magic show

- Raffle (movie passes, theme bags)
- Raffle (teachers do a silly activity)
- Rent-a-teen helper (rake leaves, water gardens, mow lawns, wash dog)
- Recycling cans/bottles/paper
- Singing telegrams
- Skate night/skate-a-thon
- Tag sale, garage sale
- Talent shows
- Tennis/horsethoe competition
- Treasure hunt/scavenger hunt
- Walk-a-thon
- Workshops/classes



\*Adapted from California Project Lead, California Department of Health Services, (2010). *Create, Finance, and Fund Fundraising*. Retrieved on October 6, 2011 from [http://www.co.ohio.us/ehhs/CommunityPartners/Creative\\_Fundraising.pdf](http://www.co.ohio.us/ehhs/CommunityPartners/Creative_Fundraising.pdf).

### Resources

*Action Guide for School Nutrition and Physical Activity Policies*. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/cwp/view.asp?1=2678&q=322436>

*Healthy School Environment Resource List*. Connecticut State Department of Education. [http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hs\\_e\\_resource\\_list.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hs_e_resource_list.pdf)

### References

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2. Centers for Disease Control and Prevention, National Center for Health Statistics. (2006). *Prevalence of Overweight Among Children and Adolescents: United States, 2003-2004*. Retrieved on October 6, 2011 from [http://www.cdc.gov/csds/data/health/overweight/overweight\\_ehhd\\_03.htm](http://www.cdc.gov/csds/data/health/overweight/overweight_ehhd_03.htm).
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4. U.S. Department of Agriculture Center for Nutrition Policy and Promotion. (2009). *The quality of children's diets in 2003-04 as measured by the Healthy Eating Index - 2005*. *Nutrition Insights*, 43. Retrieved on October 6, 2011 from <http://www.cnpnp.usda.gov/Publications/NutritionInsights/TNights43.pdf>



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Connecticut State Department of Education • February 2005 (Revised November 2011)

# Guide to Competitive Foods in Schools



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf)

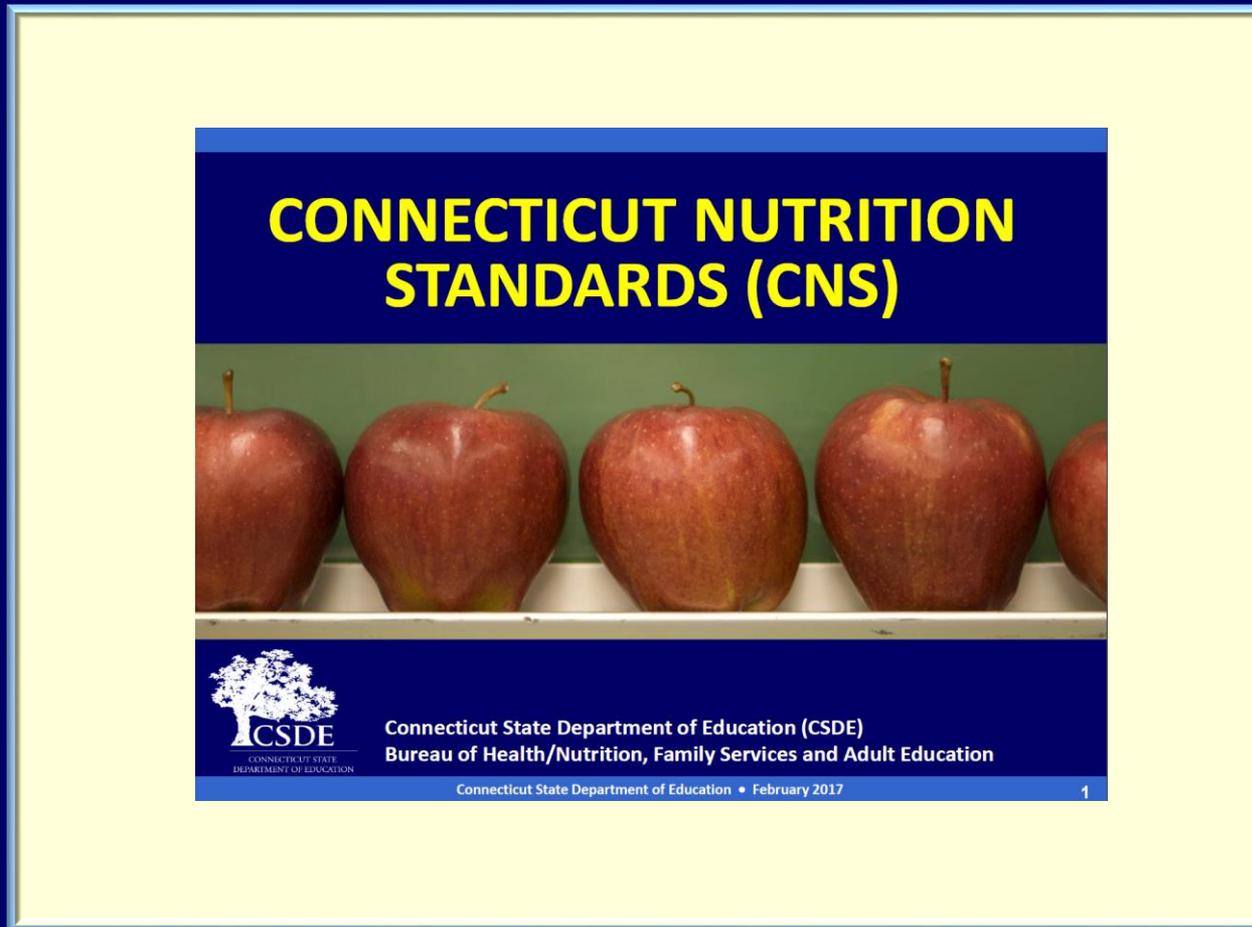
# Connecticut Nutrition Standards

CNS DOCUMENTS	IMPLEMENTATION RESOURCES
<ul style="list-style-type: none"><li>• <a href="#">CNS Summary</a> for School Year 2016-17 (PDF)</li><li>• <a href="#">Complete CNS</a> for School Year 2016-17 (PDF) <i>(includes rationale and implementation guidance)</i></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">CNS Presentation</a> (PDF)</li><li>• <a href="#">Complying with HFC Presentation</a> (PDF)</li><li>• <a href="#">Evaluating Foods for Compliance with CNS</a> <i>Handouts and worksheets for determining whether foods meet the CNS.</i></li><li>• <a href="#">Guide to Competitive Foods in Schools</a> (PDF)</li><li>• <a href="#">Healthy Food Certification</a> <i>Information on the HFC application process and requirements for HFC implementation and documentation.</i></li><li>• <a href="#">List of Acceptable Foods and Beverages</a> <i>A brand-specific list of commercially prepared foods that meet the CNS and beverages that meet the requirements of state statute.</i></li></ul>

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422)



# CNS PowerPoint Presentation



[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns.pdf)

# HFC Requirements

## Healthy Food Certification (HFC) Requirements

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises.



The handouts and resources below provide information to assist schools with meeting the HFC requirements.

All Food Sales	Specific Food Sales
<ul style="list-style-type: none"> <li>• <a href="#">Complying with HFC Presentation</a> (PDF)</li> <li>• <a href="#">Connecticut Nutrition Standards</a> <ul style="list-style-type: none"> <li>◦ <a href="#">CNS Presentation</a> (PDF)</li> </ul> </li> <li>• <a href="#">Ensuring District Compliance with HFC</a> (PDF)</li> <li>• <a href="#">Evaluating Foods for Compliance</a> <i>Worksheets to determine whether foods meet the Connecticut Nutrition Standards.</i></li> <li>• <a href="#">Guide to Competitive Foods in Schools</a> (PDF) <i>A comprehensive resource on complying with state and federal laws for competitive foods</i></li> <li>• <a href="#">HFC Overview</a> (PDF)</li> <li>• <a href="#">List of Acceptable Foods and Beverages</a> <i>A brand-specific list of commercially prepared foods that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute.</i></li> <li>• <a href="#">List of Vendor Contact Information</a> (PDF) <i>Manufacturers, brokers and distributors that sell foods and beverages on the CSDE List of Acceptable Foods and Beverages.</i></li> <li>• <a href="#">Q&amp;A on Connecticut Statutes for School Foods and Beverages</a> (PDF)</li> <li>• <a href="#">Resources for Healthy Foods and Beverages in Schools</a> (PDF)</li> </ul>	<p><b>Adult Education Programs</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Requirements for Selling Foods and Beverages in Adult Education Programs</a> (PDF)</li> </ul> <p><b>Fundraisers</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Food and Beverage Requirements for Fundraisers</a> (PDF)</li> <li>• <a href="#">Fundraiser Requirements Presentation</a> (PDF)</li> <li>• <a href="#">Healthy Fundraising</a> (PDF)</li> <li>• <a href="#">Sample Fundraiser Approval Form</a> (PDF) [DOC]</li> </ul> <p><b>School Stores</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Food and Beverage Requirements for School Stores</a> (PDF)</li> </ul> <p><b>Vending Machines</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Food and Beverage Requirements for Vending Machines</a> (PDF)</li> </ul>

# List of Acceptable Food and Beverages

**LIST OF ACCEPTABLE FOODS AND BEVERAGES**

**Timesaver Tip:** To search the list for specific foods, beverages or manufacturers, open the appropriate list. On the toolbar, click on "edit" then "find" and enter the information you would like to find.

<a href="#">List 1</a>	<b>CHIPS</b> , popcorn, rice cakes and puffed snacks
<a href="#">List 2</a>	<b>CRACKERS</b> , pita chips, hard pretzels and snack mix
<a href="#">List 3</a>	<b>COOKIES AND BARS</b> (e.g., granola bars, cereal bars, animal crackers and graham crackers)
<a href="#">List 4</a>	<b>BAKERY PRODUCTS</b> (e.g., waffles, pancakes, soft pretzels, muffins, rolls and bagels)
<a href="#">List 5</a>	<b>BREAKFAST CEREALS</b> (cold ready-to-eat cereal and cooked hot cereal, e.g., oatmeal)
<a href="#">List 6</a>	<b>NUTS, SEEDS AND JERKY</b> (including nut/seed butters, soy nuts and trail mix)
<a href="#">List 7</a>	<b>YOGURT AND PUDDING</b>
<a href="#">List 8</a>	<b>CHEESE</b> (low-fat or reduced fat natural cheese)
<a href="#">List 9</a>	<b>SMOOTHIES</b> (made with low-fat yogurt and fruits/vegetables/100 percent juice)
<a href="#">List 10</a>	<b>FROZEN DESSERTS</b> (e.g., ice cream, ice cream novelties and frozen fruit/juice bars)
<a href="#">List 11</a>	<b>FRUITS AND VEGETABLES</b> (individually packaged fresh, frozen, canned and dried)
<a href="#">List 12</a>	<b>SOUPS</b> (ready-to-serve, condensed and frozen)
<a href="#">List 13</a>	<b>NON-ENTREE COMBINATION FOODS</b> (contain more than one food component)
<a href="#">List 14</a>	<b>ENTREES</b> (sold only a la carte)
<a href="#">List 15</a>	<b>COOKED GRAINS</b> (e.g., pasta, rice, quinoa and bulgur)
<a href="#">List 16</a>	Beverages – <b>MILK</b> (low-fat unflavored and fat-free unflavored or flavored)
<a href="#">List 17</a>	Beverages – <b>DAIRY ALTERNATIVES</b> , e.g., soy milk
<a href="#">List 18</a>	Beverages – <b>100% JUICE</b> (carbonated and noncarbonated)
<a href="#">List 19</a>	Beverages – <b>100% JUICE FROZEN SLUSH</b>
<a href="#">List 20</a>	Beverages – <b>WATER WITH JUICE</b> (carbonated and noncarbonated)
<a href="#">List 21</a>	Beverages – <b>WATER</b> (carbonated and noncarbonated)

- [Summary of Recent List Updates](#) (PDF)  
*Changes since the previous online update of the list*
- [Vendor Contact Information](#) (PDF)  
*Manufacturers, brokers and distributors that sell foods and beverages on the list*
- [Submitting New Products for Approval](#) (PDF)  
*Information required to submit products to the CSDE for review*

# Ensuring District Compliance with HFC

## ENSURING DISTRICT COMPLIANCE WITH HEALTHY FOOD CERTIFICATION

School districts that choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.) must ensure that all foods sold to students separately from reimbursable meals comply with the Connecticut Nutrition Standards (CNS). This includes all purchased and school-made foods sold in the cafeteria, school stores, vending machines, fundraisers, and any other sources of food sales to students. The four strategies below assist districts with HFC compliance.

### 1 Verify that all foods comply with the CNS before offering them for sale to students.

**Purchased Items:** Allowable items are included on the Connecticut State Department of Education's (CSDE) *List of Acceptable Foods and Beverages*, a brand-specific list of foods that comply with the CNS and beverages that that comply with the state beverage statute (C.G.S. Section 10-221g). If a product is not listed, the district must determine compliance with the CNS before selling the product to students. The worksheets on the CSDE's *Evaluating Foods for Compliance* Web Page assist schools with determining product compliance. Districts can submit product information to the CSDE for review and acceptable products will be added to the online list. For more information, see *Submitting Food and Beverage Products for Approval*.

The CSDE strongly recommends using the *List of Acceptable Foods and Beverages* to determine which commercial food and beverages may be sold, instead of evaluating items locally. This helps to ensure HFC compliance.

**School-made Foods:** Before school-made foods can be sold to students separately from reimbursable meals, the district is responsible for conducting a nutrient analysis of recipes to determine compliance with the CNS. School-made foods include all items that:

- are prepared from scratch using a recipe, such as entrees sold only a la carte, soups, baked goods, cooked grains, and vegetables; or
- that require some additional processing by adding other ingredients after purchasing, such as popping popcorn kernels with oil or making cookies from a mix and adding butter and eggs.

The CSDE's handout, *Guidance on Evaluating School Recipes for Compliance*, provides information on evaluating recipes.

### 2 Provide information and training to ensure that all groups selling foods understand the HFC requirements and have reviewed all foods for CNS compliance before offering them for sale to students.

Ongoing communication is critical to the district's successful implementation of HFC. People to inform include, but are not limited to:

- school principals and other administrators;
- school food service program staff, e.g., school food service director and cafeteria managers;
- culinary arts program staff (if foods are sold), e.g., coordinators and teachers;
- athletic directors;
- family and consumer sciences teachers (if foods are sold);
- advisors and coordinators for school stores, kiosks and school-based enterprises;
- parent groups, school organizations and individuals who coordinate fundraising activities;
- vending machine operators; and
- other individuals or organizations responsible for coordinating any other food sales to students in the district.

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## ENSURING HFC COMPLIANCE, continued

### 3 Decide how to document and monitor compliance before beginning HFC implementation.

Districts should develop local procedures for monitoring HFC compliance in all schools. The designated district contact person and other appropriate school staff play a key role in this process, and must be supported by the administration. Before the school year begins, the district should:

- identify what foods can be sold to students from all sources at school;
- communicate information regarding allowable foods to all groups selling to students;
- develop a system to review and monitor compliance of food sales in all schools; and
- develop a system to track fundraising events that do not meet the exemption criteria. For more information, see *Fundraising with Foods and Beverages* and the CSDE's *sample fundraiser form*.

### 4 Maintain documentation to demonstrate compliance with the CNS.

Before the school year begins, the district should determine the methods and forms that will be used to document HFC compliance. Examples of documentation include a locally developed database or list of acceptable foods and beverages, an inventory of items sold in district vending machines and school stores, a school log system to identify acceptable fundraising events, a description of the process used to ensure that all food items comply with the CNS, and a handout or memo communicating district procedures for evaluating HFC compliance at the school level.

The CSDE annual documentation materials are available on the CSDE's *HFC Documentation* Web Page. All districts must submit the online *Healthy Food Certification Compliance Form* by November 30 of each year. Select districts must also submit lists of foods and beverages sold to students from all sources (see *Districts Required to Submit Food and Beverage Lists*). The simplest method of documenting compliance is to print the appropriate sections of the CSDE's *List of Acceptable Foods and Beverages* and highlight all of the items sold in the district. For more information on the documentation requirements, see *Guidance for Documenting Compliance with Healthy Food Certification*.

#### Resources

- CNS Web Page: [www.sde.ct.gov/sde/cwp/view.asp?a=2678&cq=322422](http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&cq=322422)
- Evaluating Foods for Compliance Web Page: [www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322430](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322430)
- *Guide to Competitive Foods in Schools*: [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cfg/cfg.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cfg/cfg.pdf)
- HFC Documentation Web Page: [www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322428](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322428)
- HFC Web Page: [www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322420](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322420)
- List of Acceptable Foods and Beverages: [www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322432](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&cq=322432)
- *Responsibilities of HFC District Contact Person*: [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/decresp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/decresp.pdf)



For more information, visit the CSDE's HFC and CNS Web pages or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

This document is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensureHFC.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensureHFC.pdf).

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[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensurehfc.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensurehfc.pdf)

# Questions and Answers on Connecticut Statutes

## Questions and Answers on Connecticut Statutes for School Foods and Beverages



Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education  
450 Columbus Boulevard, Suite 504  
Hartford, CT 06103

Revised February 2017

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf)

# Resources for Healthy Foods and Beverages in Schools

## RESOURCES FOR HEALTHY FOODS AND BEVERAGES IN SCHOOLS

This handout summarizes the Connecticut State Department of Education's (CSDE) Web pages and resources to assist schools with implementing the state and federal requirements for competitive foods in schools. "Competitive foods" are all foods and beverages available for sale to students at school separately from reimbursable school meals. These requirements include:

- Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. [Section 10-215e](#);
- the state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- the state beverage requirements under C.G.S. [Section 10-221q](#); and
- the U.S. Department of Agriculture (USDA) Smart Snacks nutrition standards for competitive foods, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010* (Federal Register, Vol. 81, No. 146, July 29, 2016).

### BEVERAGE REQUIREMENTS WEB PAGE

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322418)

*Allowable Beverages in Connecticut Public Schools:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/allowbev.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/allowbev.pdf)

*Allowable Milk Substitutes:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milksub.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nslp/crediting/milksub.pdf)

*Beverage Requirements for Connecticut Public Schools PowerPoint:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverages.pdf)

*Competitive Foods Web Page:*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772)

*Connecticut Competitive Foods Regulations:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/ctcfreg.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/ctcfreg.pdf)

*Guide to Competitive Foods in Schools:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf)

*Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools (CSDE Operational Memorandum 11-14):*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om\\_11-14.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om_11-14.pdf)

*Requirements for Beverages Containing Water and Juice:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/waterjuicebev.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/waterjuicebev.pdf)

*Requirements for Beverages in Connecticut Public Schools (PowerPoint Presentation):*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverages.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverages.pdf)

*Smart Snacks Nutrition Standards Web Page:*

[www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400)

*Summary of Smart Snacks Nutrition Standards:*

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf)



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# HFC PowerPoint Presentation



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