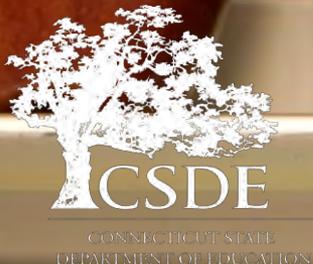


Complying with Healthy Food Certification (HFC)



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

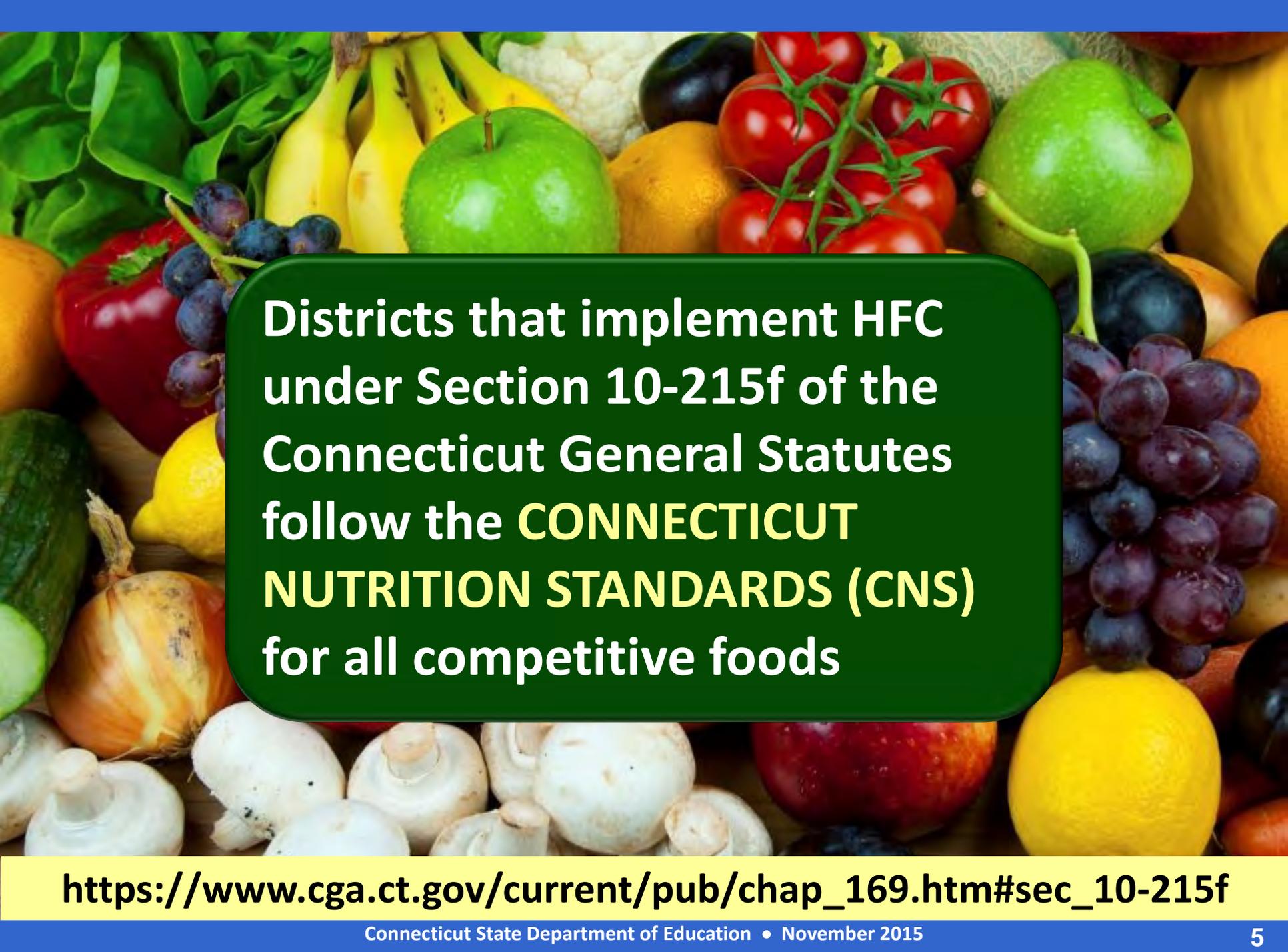
- This presentation provides general guidance regarding the requirements for HFC under Section 10-215f of the Connecticut General Statutes (CGS)
- For specific questions or additional guidance, please contact the Connecticut State Department of Education (CSDE)
- See slide 144 for CSDE contact information

Abbreviations

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

Disclaimer

- The mention of trade names, commercial products or organizations does not imply approval or endorsement by the Connecticut State Department of Education (CSDE) or the U.S. Department of Agriculture (USDA)
- Product names are used solely for clarification in evaluating compliance with the CNS



Districts that implement HFC
under Section 10-215f of the
Connecticut General Statutes
follow the **CONNECTICUT
NUTRITION STANDARDS (CNS)**
for all competitive foods

https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f

CNS OVERVIEW



CNS Overview

- Applies to all **COMPETITIVE FOODS** sold to students in **PUBLIC** school districts that choose the healthy food option of HFC under Section 10-215f of the Connecticut General Statutes



www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f

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



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



CNS Overview

- Applies **AT ALL TIMES** except for sales that are exempted by the district's annual HFC Statement **AND** meet the three exemption criteria
- Board of education or governing authority must **VOTE** to allow exemptions
 - ▶ part of annual HFC Statement



Exemption Criteria

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 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



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 county
- 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

CNS Overview

- Applies to all grade levels
- Includes **GENERAL STANDARDS** and specific **NUTRIENT STANDARDS**
- Provides exemptions for specific nutrient-rich foods
 - ▶ fruits and vegetables
 - ▶ NSLP/SBP entree items sold on same day



CNS Overview

- Based on current nutrition science and national health recommendations
- Promotes increased consumption of nutrient-rich foods
- Limits calories, total fat, saturated fat, trans fat, sodium and sugars
- Prohibits ingredients with questionable health effects



Complying with CNS

To be allowed for sale to students, all competitive foods must meet

1. **AT LEAST ONE** of the three general standards **AND**
2. **ALL** nutrient standards for the specific food category to which it belongs



Summary of CNS

Connecticut Nutrition Standards

SCHOOL YEAR 2015-16 (EFFECTIVE JULY 1, 2015)

This document summarizes the Connecticut State Department of Education's (CSDE) *Connecticut Nutrition Standards for Foods in Schools*. The Connecticut Nutrition Standards (CNS) are based on current nutrition science and national health recommendations from the 2010 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine and American Heart Association.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium and sugars, eliminating trans fat, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the interim final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in Schools*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Districts that choose to participate in Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable school meals, at all times and from all sources including, but not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers and any other sources of food sales to students. Foods that comply with the CNS are included on the CSDE's *List of Acceptable Foods and Beverages*, a brand-specific list of commercial food products that comply with the CNS and beverages that comply with the state beverages requirements of C.G.S. Section 10-221q.

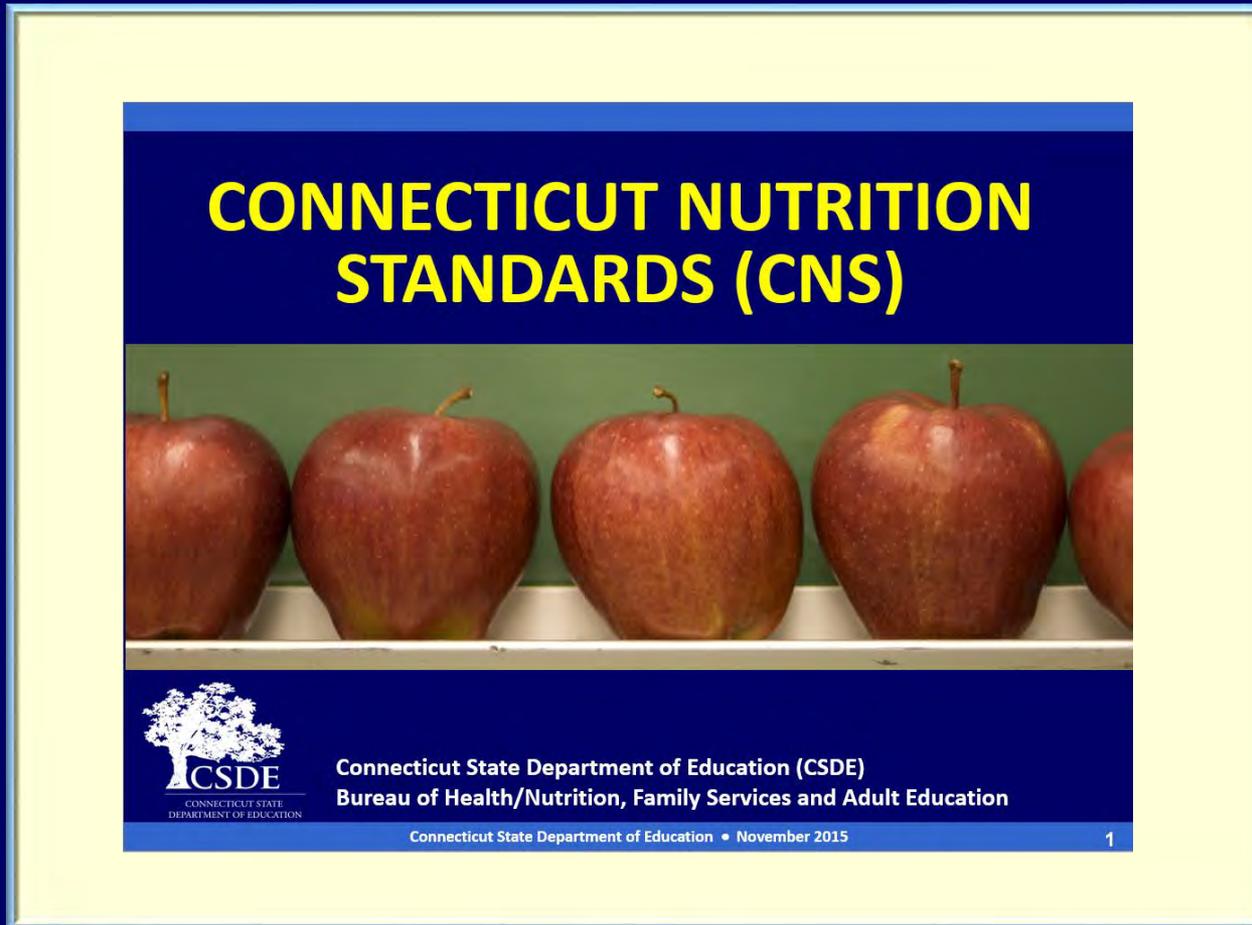
In HFC districts, foods that do not comply with the CNS can only be sold if the local board of education or school governing authority votes to allow exceptions, and the following conditions are met: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the foods are not sold from a vending machine or school store. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity, e.g., soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.

The table on page 9 provides some key definitions for the CNS. For a complete glossary, see the *Connecticut Nutrition Standards for Foods in Schools*.



The CNS may be subject to change, pending the USDA's release of the final rule on the Smart Snacks nutrition standards for competitive foods.

CNS PowerPoint Presentation



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns.pdf

EVALUATING PURCHASED FOODS



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.

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

Evaluating Purchased Foods

- Check CSDE's *List of Acceptable Foods and Beverages* to ensure products meet all standards **BEFORE** purchasing

Approval of products is both brand and item specific

- Listed products meet **AT LEAST ONE** general standard and **ALL** nutrient standards



Common Compliance Issues for Purchased Foods

- Not **VERIFYING** that purchased items are approved
- Assuming that **VENDOR ASSURANCES** of state approval are correct

Check vendor lists against CSDE's list to ensure items are approved

- Not **CHECKING DELIVERIES** against orders

Evaluating Purchased Foods

CSDE EXCEL WORKSHEETS

- 1 – Snacks
- 2 – Yogurt and Pudding
- 3 – Smoothies
- 4 – Fruits and Vegetables
- 5 – Soups
- 6 – Cooked Grains
- 7 – Entrees
- 8 – Non-entree Combination Foods



EVALUATING FOODS

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 non-exempt fundraising activities on school premises. For information on the requirements for fundraisers, review the CSDE's [Fundraiser handout](#).



The handouts and resources below provide information to assist schools with determining whether purchased and school-made foods comply with the CNS. Schools must determine compliance of all food items **before** selling them to students.

Purchased Foods	School-made Foods
<p>The Connecticut State Department of Education's (CSDE) worksheets 1-8 can be used to evaluate products for compliance with the CNS. While these worksheets are useful in identifying whether new products comply with the CNS, the CSDE strongly encourages districts to use the List of Acceptable Foods and Beverages to ensure that commercially available items comply with the CNS and state beverage requirements.</p> <p>Please submit the nutrition information for any new products not included on the List of Acceptable Foods and Beverages to the CSDE for review. The handout, Submitting Foods and Beverage Products for Approval, summarizes the information needed by the CSDE to review foods and beverages for compliance with the state requirements.</p>	<p>To ensure compliance with the CNS, schools must conduct a nutrient analysis of all recipes used to prepare food items sold to students separately from reimbursable meals (except for entree items that are sold as part of reimbursable meals and that are also sold a la carte the same day). School-made foods include:</p> <ol style="list-style-type: none">foods that are prepared from scratch using a recipe, e.g., entrees sold only a la carte, soup, baked goods, cooked grains and vegetables; orfoods that require some additional processing by adding other ingredients after purchasing, e.g., assembling a sandwich, popping popcorn kernels in oil or making cookies from a mix and adding butter and eggs.  <p>To determine whether a recipe complies with the CNS, calculate the recipe's nutrition information using worksheet 9 then enter this information into the appropriate worksheet for the food category (see CNS worksheets 1-8 below). If the recipe is missing nutrition information for trans fat or sugars, calculate this information using CNS worksheets 10 and 11.</p> <ul style="list-style-type: none">Guidance on Evaluating School Recipes [PDF]

CNS Worksheets

All Worksheets Revised September 2015

- Worksheet 1 Snacks [\[Excel\]](#)
- Worksheet 2 Yogurt and Pudding [\[Excel\]](#)
- Worksheet 3 Smoothies [\[Excel\]](#)
- Worksheet 4 Fruits and Vegetables [\[Excel\]](#)
- Worksheet 5 Soups [\[Excel\]](#)
- Worksheet 6 Cooked Grains [\[Excel\]](#)
- Worksheet 7 Entrees [\[Excel\]](#)
- Worksheet 8 Non-entree Combination Foods [\[Excel\]](#)
- Worksheet 9 Nutrient Analysis of Recipes [\[Excel\]](#)
- Worksheet 10 Evaluating Recipes for Sugars [\[Excel\]](#)

Submitting Food and Beverage Products for Approval

Submitting Food and Beverage Products for Approval

Connecticut's List of Acceptable Foods and Beverages

The Connecticut State Department of Education (CSDE) reviews foods and beverages for compliance with the state nutrition standards for foods and beverages in schools. Foods that meet the [Connecticut Nutrition Standards](#), and beverages that meet the state requirements of Section 10-221q of the Connecticut General Statutes and the U.S. Department of Agriculture (USDA) Smart Snacks standards, will be added to the CSDE's [List of Acceptable Foods and Beverages](#).

To submit a food or beverage product to the CSDE for review, provide a PDF of the actual product package, artwork for the product package or a product specification sheet. The CSDE prefers that the submission includes the actual product packaging because it contains the most complete and accurate information. The product submission must include the following:

1. Name of manufacturer, exactly as it appears on the product label.
2. Name of product, exactly as it appears on the product label.
3. Flavor or variety of product, exactly as it appears on the product label.
4. Nutrition facts label, which must include the following nutrients: calories, total fat, saturated fat, trans fat, sugars, sodium and fiber.
5. List of ingredients, which must be in a format that can be electronically copied.
6. Actual package size, which must list both individual serving size and actual package size. For frozen desserts, the serving size must include both volume (fluid ounces) and weight (ounces or grams) of one serving of the product.
7. UPC code for the individual package (i.e., 0-00000-00000-0) and case (i.e., 000-00000-00000-0) or the manufacturer product code if the product does not have a UPC code.
8. List of distributors that sell the products to schools in Connecticut. The CSDE's [Contact Information for Vendors](#) provides schools with contact information for manufacturers, brokers and distributors that sell foods and beverages included on the [List of Acceptable Foods and Beverages](#). For any vendor not already listed, please provide the following contact information:
 - contact name
 - contact title
 - company name
 - company address (street, city, zip code)
 - phone
 - fax
 - e-mail
 - Web site (if available)

Please submit all required information via e-mail to masan.flore@ct.gov. The CSDE will review the products and you will be notified of their status via e-mail. The review process is generally completed within 7-10 days.



For more information, contact Susan S. Flore, M.S., R.D., Nutrition Education Coordinator
Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult
Education, 25 Industrial Park Road, Middletown, CT 06457, 860-867-2075
The handbook is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/submitproduct.pdf

The State of Connecticut Department of Education is committed to a policy of equal opportunity affirmative action for all qualified persons. The Department of Education does not discriminate in any contract, practice, admission, program, or educational activity on the basis of race, color, religion, sex, age, marital status, ancestry, national origin, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, physical or sensory disability, psychiatric disability, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education also will not discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Lory Gallegos, Special Employment Opportunity Director, Assistant to the Commissioner, State of Connecticut Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-867-2075, l.gallegos@ct.gov

Connecticut State Department of Education • Revised April 2015

EVALUATING SCHOOL-MADE FOODS



School-made Foods

1. Foods **PREPARED FROM SCRATCH** using a recipe, e.g., entrees, soup, baked goods, cooked grains, vegetables

AND

2. Foods requiring some **ADDITIONAL PROCESSING** by adding other ingredients after purchasing



Examples of School-made Foods

- **Assembling a sandwich**
- **Making soup from scratch**
- **Making commercial tomato soup with milk instead of water**
- **Popping popcorn kernels with oil**
- **Making cookies or muffins from a mix and adding butter and eggs**
- **Adding sprinkles to purchased frozen cookie dough**
- **Making salads with dressing**
- **Cooking vegetables with oil, margarine or butter**
- **Cooking pasta or rice with oil, margarine or butter**

Common Compliance Issues for School-made Foods

- Not conducting **NUTRIENT ANALYSIS** of recipes to determine if the serving complies with each standard
- Not **REVIEWING** recipe's nutrient analysis for compliance with each standard for the food category



Evaluating School-made Foods

District must conduct a **NUTRIENT ANALYSIS** of the standardized recipe and ensure that school-made foods comply with the CNS **BEFORE** they are sold to students



Steps for Evaluating School-made Foods

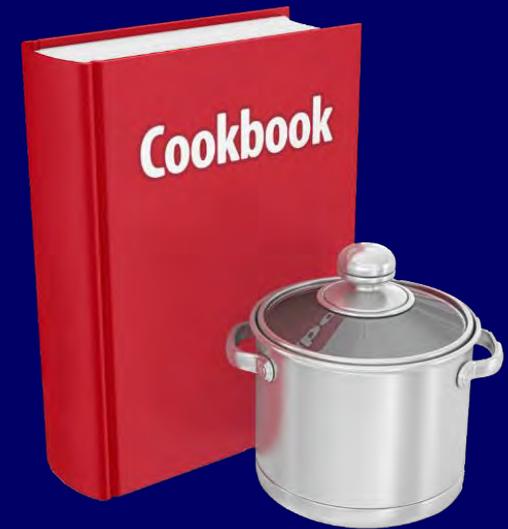
1. Use or develop a **STANDARDIZED RECIPE** that includes the specific quantity of each ingredient

Cornbread					
Grains/Breads		Grains/Breads			B-09
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ½ cups	2 lb	1 qt 3 ½ cups	<p>1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.</p> <p>2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.</p> <p>3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>4. Bake until lightly browned. Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes</p> <p>5. Cut each half-sheet pan 5 x 10 (50 pieces per pan).</p>
Cornmeal OR Enriched corn grits	1 lb OR 1 lb	3 ½ cups OR 2 ½ cups	2 lb OR 2 lb	1 qt 3 ½ cups OR 1 qt 1 ½ cups	
Sugar	5 ½ oz	½ cup	10 ½ oz	1 ½ cups	
Baking powder		2 Tbsp 2 tsp	2 oz	½ cup	
Salt		1 ½ tsp		2 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ½ oz	½ cup OR 3 each	10 ½ oz	1 ½ cups OR 6 each	
Instant nonfat dry milk, reconstituted		3 ½ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh green chili peppers, chopped (optional)	4 oz	½ cup 3 Tbsp	8 oz	1 ½ cups 2 Tbsp	

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Green chili peppers	5 oz	10 oz

Standardized Recipe

A recipe that provides a consistent food product through the use of the same ingredients, measurements, and methods of preparation every time



Steps for Evaluating School-made Foods

2. Check that the recipe includes **NUTRITION INFORMATION** for each required nutrient (calories, fat, saturated fat, trans fat, sugars and sodium)



- Missing nutrient values do not mean that the actual nutrient value is zero

Schools must obtain any missing nutrition information **BEFORE** the recipe can be evaluated for compliance

Example of Missing Nutrient Values

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ⅓ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

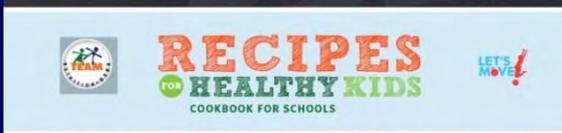
 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Nutrients Per Serving

Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU	Sodium	278.10 mg
Total Fat	5.62 g		(24.27 RAE)	Dietary Fiber	2.67 g
		Vitamin C	12.38 mg		



USDA, September 2013

- Missing total sugars
- Missing trans fat

USDA Recipes for Healthy Kids

<http://healthymeals.nal.usda.gov/recipes-healthy-kids-cookbooks/recipes-healthy-kids-cookbooks-cookbook-schools>

CSDE Excel Worksheets

- 1 – Snacks
- 2 – Yogurt and Pudding
- 3 – Smoothies
- 4 – Fruits and Vegetables
- 5 – Soups
- 6 – Cooked Grains
- 7 – Entrees
- 8 – Non-entree Combination Foods



EVALUATING FOODS

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 non-exempt fundraising activities on school premises. For information on the requirements for fundraisers, review the CSDE's [Fundraiser handout](#).



The handouts and resources below provide information to assist schools with determining whether purchased and school-made foods comply with the CNS. Schools must determine compliance of all food items **before** selling them to students.

Purchased Foods	School-made Foods
<p>The Connecticut State Department of Education's (CSDE) worksheets 1-8 can be used to evaluate products for compliance with the CNS. While these worksheets are useful in identifying whether new products comply with the CNS, the CSDE strongly encourages districts to use the List of Acceptable Foods and Beverages to ensure that commercially available items comply with the CNS and state beverage requirements.</p> <p>Please submit the nutrition information for any new products not included on the List of Acceptable Foods and Beverages to the CSDE for review. The handout, Submitting Foods and Beverage Products for Approval, summarizes the information needed by the CSDE to review foods and beverages for compliance with the state requirements.</p>	<p>To ensure compliance with the CNS, schools must conduct a nutrient analysis of all recipes used to prepare food items sold to students separately from reimbursable meals (except for entree items that are sold as part of reimbursable meals and that are also sold a la carte the same day). School-made foods include:</p> <ol style="list-style-type: none">foods that are prepared from scratch using a recipe, e.g., entrees sold only a la carte, soup, baked goods, cooked grains and vegetables; orfoods that require some additional processing by adding other ingredients after purchasing, e.g., assembling a sandwich, popping popcorn kernels in oil or making cookies from a mix and adding butter and eggs.  <p>To determine whether a recipe complies with the CNS, calculate the recipe's nutrition information using worksheet 9 then enter this information into the appropriate worksheet for the food category (see CNS worksheets 1-8 below). If the recipe is missing nutrition information for trans fat or sugars, calculate this information using CNS worksheets 10 and 11.</p> <ul style="list-style-type: none">Guidance on Evaluating School Recipes [PDF]

CNS Worksheets

All Worksheets Revised September 2015

- Worksheet 1 Snacks [\[Excel\]](#)
- Worksheet 2 Yogurt and Pudding [\[Excel\]](#)
- Worksheet 3 Smoothies [\[Excel\]](#)
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- Worksheet 8 Non-entree Combination Foods [\[Excel\]](#)
- Worksheet 9 Nutrient Analysis of Recipes [\[Excel\]](#)
- Worksheet 10 Evaluating Recipes for Sugars [\[Excel\]](#)

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Calculating Missing Values

- **TRANS FAT:** Check that ingredients list does not contain any partially hydrogenated oils, e.g., margarine
- **SUGARS:** Use CSDE Worksheet 10 to calculate the amount of total sugars in one serving of the recipe
- **OTHER NUTRIENTS:** Use nutrient software or databases to calculate any other missing nutrients

Calculating Sugars (Worksheet 10)

CNS WORKSHEET 10 Page 2

Worksheet 10 — Evaluating Recipes for Sugars

INSTRUCTIONS: Enter information in the **BLUE BOXES** below, following the directions indicated. The yellow boxes will calculate automatically.

School District:

Recipe Name: Number of Servings:

1 Enter **EACH SUGAR INGREDIENT** and the **WEIGHT IN POUNDS**. Identify all sources of sugars used in the recipe, e.g., granulated sugar, brown sugar, confectionary sugar, molasses, honey and corn syrup. If ingredients are listed by measure (e.g., cup, quart), you must first convert measure to weight (pounds) using the appropriate conversion equivalent for each sugar source. Some examples are listed below. **NOTE:** Weighing the **ACTUAL PORTION** of an ingredient provides the most accurate information.

- granulated sugar – 1 pound equals 2 ¼ cups
- brown sugar, lightly packed – 1 pound equals 3 cups
- brown sugar, firmly packed – 1 pound equals 2 cups
- powdered sugar, unsifted – 1 pound equals 3 ¼ cups
- powdered sugar, sifted – 1 pound equals 3 ¾ cups
- molasses – 1 pound equals 1 1/3 cups
- honey – 1 pound equals 1 1/3 cups
- corn syrup – 1 pound equals 1 ½ cups
- maple syrup – 1 pound equals 1 ½ cups

	Source of Sugar	Weight (Pounds)	Weight (Grams)
Source 1:	<input type="text"/>	<input type="text"/>	0.00
Source 2:	<input type="text"/>	<input type="text"/>	0.00
Source 3:	<input type="text"/>	<input type="text"/>	0.00
Source 4:	<input type="text"/>	<input type="text"/>	0.00
Total Weight of Sugars:			0.00

2 Enter **EACH NON-SUGAR INGREDIENT** and the **AMOUNT OF SUGARS** in grams. For each ingredient in the recipe, determine the total sugars using the Nutrition Facts label or a nutrient database, such as the USDA National Nutrient Database. For example, based on the USDA National Nutrient Database, a recipe containing 4 cups of seedless raisins (343 grams of sugar), 2 cups of nonfat milk (25 grams of sugar) and 4 cups of enriched unbleached wheat flour (1 gram of sugar) contains a total of 369 grams of sugar.

	Other Recipe Ingredients (e.g., cups, pounds)	Amount Used in Recipe Total Sugars (Grams)
Source 1:	<input type="text"/>	<input type="text"/>
Source 2:	<input type="text"/>	<input type="text"/>
Source 3:	<input type="text"/>	<input type="text"/>
Source 4:	<input type="text"/>	<input type="text"/>
Source 5:	<input type="text"/>	<input type="text"/>
Source 6:	<input type="text"/>	<input type="text"/>
Total Weight of Sugars:		0.00
Total Weight of All Sugars in the Recipe:		0.00

grams

3 **Weight of One Serving (Grams)**
Enter the weight of one serving of the recipe in ounces. If the weight is not listed for the serving size, weigh several portions of the prepared recipe as served (i.e., cooked, not raw) to determine the average weight of one serving.

One serving: ounces 0.00 grams

4 **Amount of Sugars per Serving**

A – Grams of Sugars per Serving	<input style="background-color: yellow;" type="text"/> #DIV/0! grams	STANDARD No more than 15 grams	MEETS STANDARD? <input style="background-color: yellow;" type="text"/> ### yes <input style="background-color: yellow;" type="text"/> ### no
B – Percentage of Sugars by Weight	<input style="background-color: yellow;" type="text"/> #DIV/0!	No more than 35 percent	<input style="background-color: yellow;" type="text"/> ### yes <input style="background-color: yellow;" type="text"/> ### no

▶ One serving of the recipe cannot exceed 200 calories including any added accompaniments, except for entrees. Entrees sold only a la carte cannot exceed 350 calories including any added accompaniments.

▶ To meet the CNS, one serving of the recipe must meet the sugar standards in addition to all other standards indicated for the appropriate food category of the CNS.

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Sources of Nutrient Content Information

- Nutrition Facts labels for recipe ingredients
- USDA National Nutrient Database
- Nutrient analysis software programs
- “Nutrient Analysis” section of the CSDE’s Menu Planning and Food Production resources list



USDA National Nutrient Database

The screenshot shows the homepage of the USDA National Nutrient Database. At the top, there are logos for USDA, Agricultural Research Service, National Agricultural Library, and the Nutrient Data Lab. Below the logos is a horizontal strip of ten small images depicting various agricultural products and people. A navigation menu contains links for Home, About the Database, NDL, FNIC, Help, and Contact Us. On the left side, there is a 'Browse' sidebar with a tree structure of links: NDNL Products and Services, Nutrient Lists, FNIC Resources, Food Composition, Macronutrients, Vitamins/Minerals, and Phytonutrients. The main content area features a heading 'Welcome to the USDA National Nutrient Database for Standard Reference', followed by a paragraph about the search feature and a link to the 'USDA Ground Beef Calculator'. Below this is a section titled 'Start your search here.' with a link to 'About the Database'. A paragraph of text describes the database's maintenance and development. At the bottom right of the main content, it says 'Last Modified: Dec 7, 2011'. The footer contains a series of links: NAL Home, USDA, Agricultural Research Service, Science.gov, GPO Access, Web Policies and Important Links, Site Map, FOIA, Accessibility Statement, Privacy Policy, Non-Discrimination Statement, Information Quality, USA.gov, and White House.

<http://ndb.nal.usda.gov/>

Menu Planning and Food Production

Connecticut State Department of Education

NUTRITION RESOURCES

Menu Planning and Food Production

This list contains online resources for menu planning and food production in the U.S. Department of Agriculture (USDA) Child Nutrition Programs. Resources are listed by main category. Many Web sites contain information on multiple content areas. For more content areas related to food and nutrition, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page 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, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesmp.pdf

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Guidance on Evaluating School Recipes for Compliance with the Connecticut Nutrition Standards

Guidance on Evaluating School Recipes for Compliance

with the Connecticut Nutrition Standards (CNS)

To comply with **Healthy Food Certification (HFC)** under **Section 10-215f** of the Connecticut General Statutes, schools must conduct a nutrient analysis of all recipes for foods sold to students separately from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). This includes all sources of food sales, such as a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales and parent-made items. Nutrient analysis is not required when foods made from scratch are given to students free of any charge or contribution, such as suggested donations.



DETERMINING COMPLIANCE OF FOODS MADE FROM SCRATCH

Schools cannot determine whether foods made from scratch meet the CNS without a nutrient analysis of the standardized recipe. HFC districts must conduct a nutrient analysis of foods sold to students separately from reimbursable meals when:

- they are prepared from scratch using a recipe, e.g., entrees sold only a la carte such as pizza, chef's salad and chicken nuggets, soups, cooked grains such as rice and pasta with added oil or margarine, cooked vegetables with added oil or margarine, salad with dressing, fruit smoothies and baked goods such as muffins and cookies; or
- additional ingredients are added after purchasing, e.g., popping popcorn kernels in oil, assembling a sandwich, making muffins from a mix and adding butter and eggs or adding sprinkles to commercial frozen cookie dough.

To be allowed for sale to students, recipes for foods made from scratch must meet at least one CNS general standard and the serving size must comply with all CNS nutrient standards, e.g., calories, total fat, saturated fat, trans fat, sodium and sugars. Recipes cannot contain artificial or nonnutritive sweeteners, sugar alcohols, chemically altered fat substitutes, caffeine (excluding trace amounts of naturally occurring caffeine-related substances), nutrition supplements or significant fortification. For more information on the CNS, see the [CNS Web page](#).

NUTRITION INFORMATION FOR TRANS FAT AND SUGARS



The U.S. Department of Agriculture (USDA) recipes for schools and the USDA-approved software programs for nutrient analysis of school meals may be missing nutrition information for trans fat and sugars. Without this information, schools cannot determine whether the recipe complies with the CNS. If nutrient analysis software or recipes do not indicate the amount of trans fat and sugars per serving, HFC schools must calculate this information manually. The Connecticut State Department of Education's (CSDE) CNS worksheets provide additional information and guidance on

determining the amount of trans fat and sugars in recipes. See CNS worksheets 10 and 11 on the CSDE's [Evaluating Foods for Compliance Web page](#).

Districts must document that all recipes for a la carte foods comply with the CNS BEFORE selling these foods to students. To determine whether a recipe complies with the CNS, enter the complete nutrition information for ONE SERVING into the CNS worksheet for the appropriate food category (worksheets 1-8). These worksheets are available on the CSDE's [Evaluating Foods for Compliance Web page](#).

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Guidance on Evaluating Recipes, continued

NUTRIENT ANALYSIS OF RECIPES

Schools can use nutrient analysis software programs to analyze the nutrient content of a la carte foods made from scratch. Alternatively, schools can use the [USDA National Nutrient Database](#) to obtain nutrition information for specific foods and ingredients, then enter this information on [CNS worksheet 9](#) to determine the nutrition information per serving. Software programs that are not approved by the USDA can only be used to analyze a la carte sales. Analysis of school meals for compliance with the USDA nutrition standards must be conducted with USDA-approved software.



RESOURCES

Basics at a Glance Poster (National Food Service Management Institute):
<http://nfsmi-web01.nfsmi.clemis.edu/ResourceOverview.aspx?ID=250>

Evaluating Foods for Compliance with CNS (CSDE Web Page):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Evaluating Recipes for Trans Fat Worksheet (CSDE):
www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet10.xls

Evaluating Recipes for Added Sugars Worksheet (CSDE):
www.sde.ct.gov/sde/lib/sde/excel/deps/nutrition/cns/cnsworksheet11.xls

Food Buying Guide for School Meal Programs (USDA):
www.fns.usda.gov/tn/food-buying-guide-school-meal-programs

Measuring Success with Standardized Recipes (National Food Service Management Institute):
www.nfsmi.org/ResourceOverview.aspx?ID=88

Nutrient Analysis Software Approved by USDA:
<http://healthymeals.nal.usda.gov/menu-planning/software-approved-usda-administrative-reviews>

USDA National Nutrient Database:
<http://ndb.nal.usda.gov/>

USDA Recipes for Schools: www.fns.usda.gov/usda-recipes-schools

Weight and Volume Conversion Chart (Appendix B in *Measuring Success with Standardized Recipes*):
www.nfsmi.org/documentlibraryfiles/PDF/20080218092159.pdf



For more information, visit the CSDE's [Healthy Food Certification Web page](#) 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, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

This handout is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfr/evalrecipe.pdf.

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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/evalrecipe.pdf

Test Your HFC IQ

Decide whether the CNS applies to each source of foods, and why or why not



Does CNS Apply?

Scenario 1

Reimbursable meals sold in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)



Does CNS Apply?

Scenario 1

Reimbursable meals sold in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)



NO

CNS applies only to foods sold **SEPARATELY** from reimbursable meals

Does CNS Apply?

Scenario 2

Food sales to students **OUTSIDE** of reimbursable school meals



Does CNS Apply?

Scenario 2

Food sales to students **OUTSIDE** of reimbursable school meals

YES

CNS applies to all foods sold to students **SEPARATELY** from reimbursable meals



Food Exemptions

Foods that do not comply with CNS can be sold to students **ONLY** if

1. district's annual HFC Statement allows exemptions **AND**
2. food sales meet three exemption criteria



Exemption Criteria

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 foods are **NOT SOLD** from a vending machine or school store

Does CNS Apply?

Scenario 3

Cafeteria a la carte sales to students



Does CNS Apply?

Scenario 3

Cafeteria a la carte sales to students



YES

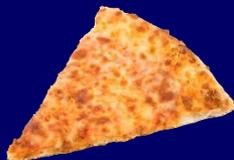
CNS applies to all foods sold to students **SEPARATELY** from reimbursable meals *

* Except for entrees sold a la carte on the same day they are sold as part of reimbursable meals

Entrees

Three categories of **MAIN DISH** food items

1. A combination food of **meat/meat alternate** and **whole grain-rich (WGR)** food
2. A combination food of **vegetable/fruit** and **meat/meat alternate**
3. A **meat/meat alternate** alone excluding
 - ▶ yogurt
 - ▶ low-fat or reduced fat cheese
 - ▶ nuts, seeds, nut/seed butters
 - ▶ meat snacks, e.g., jerky and meat sticks



Entree Exemptions

Entrees sold a la carte on **SAME DAY** they are planned and served as part of reimbursable school meals are **EXEMPT** from CNS if they

- are the **SAME OR SMALLER** portion size
- have the **SAME ACCOMPANIMENTS**
- meet the **TRANS FAT** standard
- do **NOT** contain artificial sweeteners, nonnutritive sweeteners, sugar alcohols or chemically altered fat substitutes



Does CNS Apply?

Scenario 4

Vending machine sales to students



Does CNS Apply?

Scenario 4

Vending machine sales to students



YES

Foods sold in vending machines must **ALWAYS** comply (HFC statute prohibits exemptions)

Food and Beverage Requirements for Vending Machines

Food and Beverage Requirements for Vending Machines

PUBLIC SCHOOLS CHOOSING HEALTHY FOOD CERTIFICATION

This document summarizes the requirements for the sale of foods and beverages to students from vending machines in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). "Sale" means the exchange of foods and beverages for a determined amount of money or its equivalent, including tickets, coupons, tokens and similar items. This includes any activities that suggest a student donation in exchange for foods and beverages.



- The requirements for foods sold in school stores are governed by the Connecticut Nutrition Standards (CNS) (C.G.S. Section 10-215g), the state competitive foods regulations (Section 10-215b-2) of the Regulations of Connecticut State Agencies and the state requirement to sell healthy food choices (C.G.S. Section 10-221g).
- The requirements for beverages sold in school stores are governed by the state beverage requirements (C.G.S. Section 10-221g) 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 Schools).

These federal and state laws determine what foods and beverages can be sold from vending machines in HFC districts, and the time frame in which vending machines can operate.

ALLOWABLE FOODS

All foods sold to students from vending machines must comply with the CNS at all times. Foods that do not comply with the CNS can never be sold from vending machines. The state HFC statute (C.G.S. Section 10-215f) specifically prohibits food exemptions for vending machines. For more information, see the Connecticut State Department of Education's (CSDÉ) handout, *Summary of Connecticut Nutrition Standards*, and the CSDÉ's Connecticut Nutrition Standards Web page.

ALLOWABLE BEVERAGES

All beverages sold to students from vending machines must comply with the Smart Snacks beverage standards and the stricter provisions of the state beverage statute (C.G.S. Section 10-221g). 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 C.G.S. Section 10-221g can never be sold from vending machines. The state beverage statute specifically prohibits beverage exemptions for vending machines. For more information on the beverage requirements, see the CSDÉ's handout, *Allowable Beverage in Connecticut Public Schools* and *Summary of Smart Snacks Nutrition Standards*, the CSDÉ's Beverage Requirements Web page.



The CSDÉ's *Guide to Competitive Foods in Schools* provides detailed information on how the state and federal requirements apply to specific categories of foods and beverages. The CSDÉ's *List of Allowable Foods and Beverages* identifies foods and beverages that comply with all state and federal requirements.

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Does CNS Apply?

Scenario 5

School store sales to students



Does CNS Apply?

Scenario 5

School store sales to students



YES

Foods sold in school stores must **ALWAYS** comply (HFC statute prohibits exemptions)

Food and Beverage Requirements for School Stores

Food and Beverage Requirements for School Stores

PUBLIC SCHOOLS CHOOSING HEALTHY FOOD CERTIFICATION

This document summarizes the requirements for the sale of foods and beverages to students from school stores in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). "Sale" means the exchange of foods and beverages for a determined amount of money or its equivalent, including tickets, coupons, tokens and similar items. This includes any activities that suggest a student donation in exchange for foods and beverages.



- The requirements for foods sold in school stores are governed by the Connecticut Nutrition Standards (CNS) (C.G.S. Section 10-215e), the state competitive foods regulations (Section 10-215b-23 of the Regulations of Connecticut State Agencies) and the state requirement to sell healthy food choices (C.G.S. Section 10-221g).
- The requirements for beverages sold in school stores are governed by the state beverage requirements (C.G.S. Section 10-221g) 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 Schools*).

These federal and state laws determine what foods and beverages can be sold from school stores in HFC districts, and the time frame in which school stores can operate.

ALLOWABLE FOODS

All foods sold to students from school stores must comply with the CNS at all times. Foods that do not comply with the CNS can never be sold from school stores. The state HFC statute (C.G.S. Section 10-215f) specifically prohibits food exemptions for school stores. For information on the CNS, see the Connecticut State Department of Education's (CSDE) handout, *Summary of Connecticut Nutrition Standards*, and the CSDE's Connecticut Nutrition Standards Web page.

ALLOWABLE BEVERAGES

All beverages sold to students from school stores must comply with the Smart Snacks beverage standards and the stricter provisions of the state beverage statute (C.G.S. Section 10-221g). 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 C.G.S. Section 10-221g can never be sold from school stores. The state beverage statute specifically prohibits beverage exemptions for school stores. For more information on the beverage requirements, see the CSDE's handouts, *Allowable Beverages in Connecticut Public Schools* and *Summary of Smart Snacks Nutrition Standards*, the CSDE's Beverage Requirements Web page.

The CSDE's *Guide to Competitive Foods in Schools* provides detailed information on how the state and federal requirements apply to specific categories of foods and beverages. The CSDE's *List of Allowable Foods and Beverages* identifies foods and beverages that comply with all state and federal requirements.

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Does CNS Apply?

Scenario 6

Food fundraisers sponsored by **SCHOOL GROUPS** and sold to students on school premises



Does CNS Apply?

Scenario 6

Food fundraisers sponsored by **SCHOOL GROUPS** and sold to students on school premises



YES

CNS applies to all fundraisers sold to students unless they comply with the exemption criteria

School Groups on School Premises

Fundraisers conducted by school groups must comply with CNS unless

1. district's annual HFC Statement allows exemptions **AND**
2. foods meet exemption criteria *



* Sold after the school day or on the weekend at the location of an event, but not from a vending machine or school store

Does CNS Apply?

Scenario 7

Food fundraisers sponsored by **OUTSIDE GROUPS** (not the school district) and sold to students on school premises



Does CNS Apply?

Scenario 7

Food fundraisers sponsored by **OUTSIDE GROUPS** (not the school district) and sold to students on school premises



YES

CNS applies to all fundraisers sold to students unless they comply with the exemption criteria

School Groups on School Premises

Fundraisers conducted by outside groups must comply with CNS unless

1. district's annual HFC Statement allows exemptions **AND**
2. foods meet exemption criteria *



* Sold after the school day or on the weekend at the location of an event, but not from a vending machine or school store

Does CNS Apply?

Scenario 8

Food fundraisers
sponsored by school
groups off school premises,
e.g., town hall, community
center, supermarket



Does CNS Apply?

Scenario 8

Food fundraisers sponsored by school groups off school premises, e.g., town hall, community center, supermarket



NO

CNS applies only to foods sold on school premises

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



Does CNS Apply?

Scenario 9

Family and consumer sciences (FCS) classes that **SELL** food to students on school premises



Does CNS Apply?

Scenario 9

Family and consumer sciences (FCS) classes that **SELL** food to students on school premises



YES

FCS classes do not qualify as an event and are ineligible for exemptions

Family and Consumer Sciences Classes

CNS applies if

- foods are **SOLD** to students
OR
- the FCS class **CHARGES A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 10

Family and consumer sciences (FCS) classes that **GIVE** food to students on school premises



“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

Does CNS Apply?

Scenario 10

Family and consumer sciences (FCS) classes that **GIVE** food to students on school premises



“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

NO

CNS applies only to food SALES to students

Does CNS Apply?

Scenario 11

Culinary arts programs that **SELL** foods to students on school premises



Does CNS Apply?

Scenario 11

Culinary arts programs that **SELL** foods to students on school premises



YES

Culinary arts programs do not qualify as an event and are ineligible for exemptions

Culinary Arts Programs

CNS applies if

- foods are **SOLD** to students
OR
- the culinary arts program **CHARGES A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 12

Culinary arts programs that **GIVE** foods to students on school premises



“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

Does CNS Apply?

Scenario 12

Culinary arts programs that **GIVE** foods to students on school premises



“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

NO

CNS applies only to food **SALES** to students

Does CNS Apply?

Scenario 13

Family resource centers
that **SELL** food to students
on school premises



Does CNS Apply?

Scenario 13

Family resource centers that **SELL** food to students on school premises



YES

CNS applies to all foods sold to students **SEPARATELY** from reimbursable meals

Family Resource Centers

CNS applies if

- foods are **SOLD** to students **OR**
- the family resource center **CHARGES A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 14

Family resource centers that **GIVE** food to students on school premises

“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations



Does CNS Apply?

Scenario 14

Family resource centers that **GIVE** food to students on school premises

“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations



NO

CNS applies only to food **SALES to students**

Does CNS Apply?

Scenario 15

Summer school programs (e.g., enrichment or exploratory programs) operated by the **SCHOOL DISTRICT** that sell foods to students on school premises



Does CNS Apply?

Scenario 15

Summer school programs (e.g., enrichment or exploratory programs) operated by the **SCHOOL DISTRICT** that sell foods to students on school premises



YES

Summer school programs operated by the school district are part of the **REGULAR SCHOOL DAY**

Summer School Programs Operated by District

CNS applies if

- foods are **SOLD** to students **OR**
- the summer school program **CHARGES A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 16

Summer school programs (e.g., enrichment or exploratory programs) operated by an **OUTSIDE ORGANIZATION** (not the school district) that sell foods to students on school premises



Does CNS Apply?

Scenario 16

Summer school programs (e.g., enrichment or exploratory programs) operated by an **OUTSIDE ORGANIZATION** (not the school district) that sell foods to students on school premises



YES

Unless district's annual HFC Statement allows exemptions **AND** food sales meet exemption criteria

Summer School Programs Operated by Outside Organization

- Meet first exemption criterion for **EVENT HELD AFTER THE SCHOOL DAY**
- Must also meet other two exemption criteria
 - ▶ food sales must occur at the location of the summer school program
 - ▶ cannot be sold from a vending machine or school store

Does CNS Apply?

Scenario 17

Public school recipient sites that operate under interschool agreements, and sell foods to students on school premises separately from school meals



Does CNS Apply?

Scenario 17

Public school recipient sites that operate under interschool agreements, and sell foods to students on school premises separately from school meals



YES

If the interschool agreement indicates that the recipient site **CHOOSES TO COMPLY** with HFC

Schools with Interschool Agreements

Must comply with HFC requirements if

- **ELIGIBLE PUBLIC SCHOOL** receives meals under contract from HFC district **AND**
- interschool agreement indicates that recipient site **ELECTS HFC** (section 3)

Eligible districts include all **PUBLIC** school districts, charter schools, interdistrict magnet schools and endowed academies

Private schools and RCCIs are not eligible for HFC

CSDE's Full Service Interschool Agreement Form

(Between Providing Sponsor and Recipient Site)

FULL-SERVICE INTERSCHOOL AGREEMENT FORM, continued

Section 2 – Responsibilities of Recipient Agency

The _____ (insert name of recipient site school) agrees to:

1. Appoint a recipient site representative, _____ (insert name of representative), to be the point person for communication between the parties of this agreement. This person shall attend regular meetings held with the providing sponsor to assess issues related to the Child Nutrition Programs. A record of the meeting will be kept on file at both sites.
2. Comply with all federal and state regulations related to the NSLP (also insert SRP and Afterschool Snack Program, if applicable) as communicated by the providing sponsor representative, _____ (insert name of representative).
3. Maintain accurate meal counting and claiming records on a daily basis.
4. Provide suitable dining arrangements for the children to participate fully in their meal experiences.
5. Take active responsibility for apprising the providing sponsor of any schedule changes, field trips, etc., that may cause a change in meal preparation amounts.
6. Comply with all state and federal regulations related to the sale of competitive foods, i.e., foods and beverages sold separately from reimbursable meals.

Section 3 – Healthy Food Certification (HFC)

The recipient site can participate in HFC **only** if the providing sponsor has certified with the CSDE to comply with HFC under Section 10-215f of the Connecticut General Statutes. Participation in HFC allows the providing sponsor to receive additional state funding for reimbursable lunches served at the recipient site. Eligible recipient sites include public schools, regional educational service centers, vocational-technical schools, charter schools, magnet schools and endowed academies. Private schools or nonprofit organizations are not eligible for HFC.

Part A: Certification Statement (Check One)

Pursuant to Section 10-215f of the Connecticut General Statutes, the recipient site's governing body certifies that during the period of **July 1, 2015 through June 30, 2016**, all food items offered for sale to students:

- will comply with the Connecticut Nutrition Standards. (Complete parts B, C and D in this section.)
- will not comply with the Connecticut Nutrition Standards. (Skip to section 4 on page 5 – Do not complete parts B, C and D in this section.)

This certification includes all food items offered for sale to students separately from reimbursable meals at all times and from all sources, including but not limited to, school stores, vending machines, school cafeterias, any fundraising activities on school premises (whether or not school sponsored) and all foods served in the Afterschool Snack Program. This certification does not apply to the sale of foods that meet the exemption criteria in part B (Exemption Statement) of this section (see page 4).

Print Name of Recipient Site's Representative _____ Title of Recipient Site's Representative _____
 Signature of Recipient Site's Representative _____ Date _____

FULL-SERVICE INTERSCHOOL AGREEMENT FORM, continued

Section 3 – HFC, continued

Part B: Exemption Statement (Check One)

If the recipient site certifies for HFC in part A of this section, all food items sold to students separately from reimbursable school meals must meet the Connecticut Nutrition Standards at all times and from all sources. Foods that do not comply with the Connecticut Nutrition Standards can **only** be sold to students if the recipient site's governing body allows exemptions and the foods are sold at the location of an event that occurs after the school day or on the weekend, provided they are not sold from a vending machine or school store.

Pursuant to Section 10-215f of the Connecticut General Statutes, the recipient site's governing body:

- will
 will not

exclude from certification food items that do not meet the Connecticut Nutrition Standards, provided that 1) foods are sold 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) foods are not sold from a vending machine or school store.

Part C: Sources of Food Sales at Recipient Site

Indicate all areas where foods are sold to students **SEPARATELY** from reimbursable meals at the recipient site. (Check all that apply.)

- Cafeteria
 Vending machines
 School stores
 Fundraisers
 Culinary arts programs
 Family and consumer sciences classes
 Afterschool enrichment or other programs that charge a fee for participation and the fee includes the cost of foods provided to students
 Summer school programs (e.g., enrichment or exploratory) operated by the recipient site
 Adult education programs operated by the recipient site, where foods sold are under the control of the adult education program.
 Family resource centers
 Sports programs that charge a fee for participation and the fee includes the cost of foods provided to students
 Other (please specify): _____

Part D: Recipient Site's HFC Contact Person

Designate a contact person for HFC at the recipient site. This person is responsible for working with the providing sponsor to ensure that all HFC requirements are met.

Name: _____ Title: _____
 E-mail: _____ Phone: () - _____
 Mailing Address: _____
 City: _____ State: _____ Zip Code: _____

Does CNS Apply?

Scenario 18

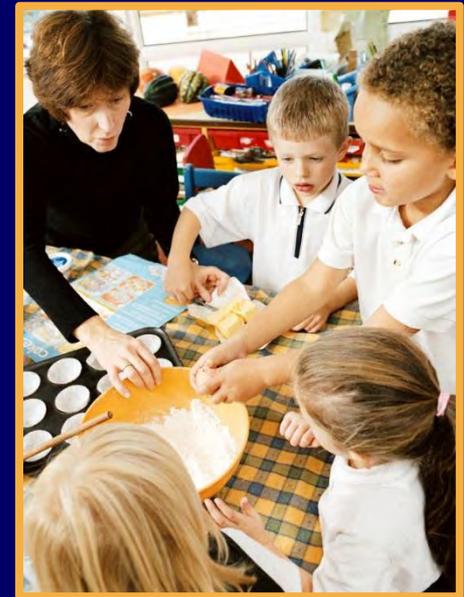
Afterschool programs and activities held on school premises that charge a fee for participation and the fee includes the cost of food provided to students



Does CNS Apply?

Scenario 18

Afterschool programs and activities held on school premises that charge a fee for participation and the fee includes the cost of food provided to students

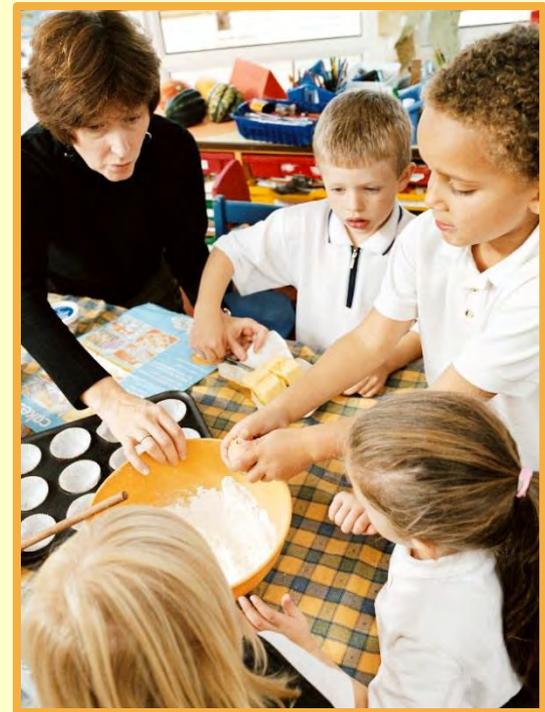


YES

Including the cost of food in a participation fee is the same as selling food to students

Examples of Afterschool Programs and Activities

- **Movie or board games club with popcorn and beverage**
- **Special classes or clubs (e.g., art, crafts, foreign language, cooking) with daily snack**
- **Sports teams and clubs with daily snack**



Afterschool Programs and Activities

CNS applies if

- foods are **SOLD** to students
OR
- the program/activity **CHARGES A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 19

USDA Afterschool Snack Program



Does CNS Apply?

Scenario 19

USDA Afterschool Snack Program



YES

All snack menu items must comply with USDA Afterschool Snack Program **MEAL PATTERN** and **CNS**

Does CNS Apply?

Scenario 20

Foods sold in adult education programs under the board of education's jurisdiction



Does CNS Apply?

Scenario 20

Foods sold in adult education programs under the board of education's jurisdiction



YES

If foods are **UNDER THE CONTROL** of the adult education program

Adult Education Programs

(Under Board of Education's Jurisdiction)

HFC statute applies to adult education students because it does not

- define an age limit for “students”
- distinguish between regular and adult education programs



Adult Education Programs

(Under Board of Education's Jurisdiction)

- CNS applies only to foods **UNDER THE CONTROL** of adult education program
- If district rents, leases or borrows building space for an adult education program and the **BUILDING OWNER MAINTAINS ANY SOURCES OF FOOD SALES** (e.g., vending machines, food kiosks), CNS does **NOT** apply

Requirements for Selling Beverages and Food in Adult Education Programs (October 31, 2008)
www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/HFC/Adult_Education_Letter.pdf

Does CNS Apply?

Scenario 21

Food sales to **ADULTS**,
e.g., snack machine in
teachers' lounge



Does CNS Apply?

Scenario 21

Food sales to **ADULTS**,
e.g., snack machine in
teachers' lounge



NO

CNS applies only to food **SALES**
to students

Sales to Adults

- Foods sold to teachers and school staff are not required to comply with CNS if they are **NOT ACCESSIBLE** to students
 - ▶ snack vending machines in teachers' lounges or other areas that are prohibited to students
 - ▶ special adult meals or a la carte items that are not sold to students



Does CNS Apply?

Scenario 22

Foods **GIVEN** to students during classroom parties



“Given” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

Does CNS Apply?

Scenario 22

Foods **GIVEN** to students during classroom parties



“Given” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

NO

CNS applies only to food **SALES to students**

Classroom Parties

CNS applies if

- foods are **SOLD** to students **OR**
- the school **COLLECTS MONEY** to cover the cost of foods provided to students for classroom parties



Healthy Celebrations

HEALTHY CELEBRATIONS



Promoting a Healthy School Environment

Birthday parties and holiday celebrations at school provide a unique opportunity to make healthy eating fun and exciting for children. Schools can take advantage of classroom celebrations to serve nutritious foods that taste good and provide students with an opportunity to learn about healthy eating.

But It's Just a Cupcake...

Foods for school celebrations often include unhealthy choices such as cupcakes, candy, cookies and soda. While there is nothing wrong with an occasional treat, unhealthy foods are often the norm rather than the exception. Parties, food rewards, food fundraisers, vending machines, snacks and school stores often include foods that are low in nutrients and high in fat, added sugars and sodium.

Healthy choices are important because children's eating habits are poor. Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.¹ 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.² Currently, 17 percent of children and adolescents ages 2 to 19 are overweight and 1 in 3 children are overweight or obese.³ Between 1980 and 2004, obesity tripled among children and adolescents.⁴

Constant exposure to low-nutrient foods compromises children's health and learning. By providing students with nutritious foods, schools can create an environment that positively influences children's health and learning, and teaches healthy lifestyle choices that will continue into adulthood.



Benefits of Healthy Celebrations

- ▶ **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:** 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. Healthy celebrations promote positive lifestyle choices to reduce student health risks and improve learning.
- ▶ **Promotes a Healthy School Environment:** To improve eating behaviors, students need to receive consistent, reliable health information and ample opportunity to use it. Healthy celebrations are an important part of providing a healthy school environment.
- ▶ **Creates Excitement About Nutrition:** Children are excited about new and different things, including fun party activities and healthy snacks. School staff and parents need not worry that children will be disappointed if typical party foods aren't served in the classroom. Holiday treats and traditional birthday parties with cake can still be available at home.
- ▶ **Protects Children with Food Allergies:** When parents send in food, it is difficult to ensure the safety of children with food allergies. Schools can protect food-allergic children by providing nonfood celebrations or, if food is served, obtaining it from known sources such as the school food service program.

How-To's for Happy Healthy Parties*

- Variety is the "spice of life" and the "life of the party." Plan several contrasting activities – active and quiet, indoor and outdoor, individual and group.
- Try something new. Children like adventure. In addition to familiar games and foods, offer something different.
- Plan creative experiences such as art, music and cooking.
- Involve children in planning and preparing the party. Let them make decorations and favors.
- Put food in its proper place. Refreshments should complement the fun, not become the "main event."
- Be sure that each child receives a prize or favor, if such awards are given.
- Don't use food as rewards or prizes.
- Choose foods for fun, good taste and health. Parties that feature healthful foods provide opportunities for children to practice making wise food choices.

* Printed with permission from Let's Party: Party Ideas for School and Home. West Virginia Department of Education, 1994.

IDEAS FOR HEALTHY CELEBRATIONS

Schools can help promote a positive learning environment by providing healthy celebrations that shift the focus from food to the children. Choose a variety of activities, games and crafts that children enjoy. When food is served, make it count with healthy choices. Parties can even incorporate a fun nutrition lesson by involving children in the planning and preparation of healthy snacks. Try these ideas for fun activities and healthy foods at school parties and other celebrations.

Activities to Celebrate Children

- ▶ 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 and parents to send in healthy recipes and ideas for activities, games and crafts. Compile these ideas into a book that staff and parents can use.
- ▶ Give children extra recess time instead of a class party. For birthdays, let the birthday child choose and lead an active game for everyone.
- ▶ Provide special time with the principal or another adult, such as taking a walk around the school at recess.
- ▶ 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 "cusechiefs" for chemotherapy patients or 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.
- ▶ Create a special birthday event. The birthday child wears a sash and crown, sits in a special chair and visits the principal's office for a special birthday surprise, such as a pencil, sticker or birthday card.
- ▶ The birthday child is the teacher's assistant for the day, and gets to do special tasks like make deliveries to office, lead the line, start an activity or choose a game or story.



Healthy Food Ideas*

- Low-fat or nonfat milk, 100% juice, water, flavored sparkling water (without added sugars or sweeteners), sparkling punch (seltzer and 100% fruit juice)
- Fruit smoothies (blend frozen berries, kiwanis and pineapple) or fruit and low-fat yogurt smoothies
- Fresh fruit assortment, fruit and cheese kabobs, fruit salad, sliced fruit with low-fat yogurt dip
- Dried fruit without added sugars or sweeteners
- Vegetable trays with low-fat dip, celery and carrots with peanut butter and raisins
- Whole-grain crackers with low-fat cheese cakes, string cheese or hummus
- Whole-grain waffles or pancakes topped with fruit
- Pretzels, low-fat popcorn, rice cakes, bread sticks, granola crackers and animal crackers
- Angel food cake, plain or topped with fruit
- Whole-grain bagel slices with peanut butter or jam, low-fat whole-grain muffin, whole-wheat English muffins and hot pretzels
- Pizza with low-fat toppings (vegetables, lean ham, Canadian bacon), pizza dippers with marinara sauce
- Ham or turkey sandwiches or wraps with low-fat cheese and low-fat, low-sodium condiments
- Low-fat pudding, low-fat yogurt, sizeable yogurt, yogurt smoothies, yogurt parfaits or kiwanis splits (low-fat yogurt and fruit topped with whole-grain cereal, granola or crushed granola crackers)
- Quesadillas or bean burritos with salsa
- Low-fat whole-grain granola bars
- Low-fat whole-grain tortilla chips with salsa or bean dip
- Trail or cereal mix (whole-grain, low-sugar cereals mixed with sliced fruit and pretzels)
- Nuts and seeds without added fat

*Check for food allergies before serving.

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, Revised 2009. <http://www.sde.ct.gov/sde/emp/viem.aspx?m=2678&q=322436>
Healthy School Environment Resource List. Connecticut State Department of Education. http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hsa_resource_list.pdf

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2. 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 Journal* 43. Retrieved on October 6, 2011 from <http://www.oregonstate.gov/PubInfo/News/NutritionJournal/tenyearly.pdf>
3. Ogden, C.L., Carroll, M.D., Curtin, L.R., Lamb, M.M., & Flegal, K.M. (2010). Prevalence of high body mass index in US children and adolescents: 2007-2008. *Journal of the American Medical Association*, 303(3):242-249
4. Centers for Disease Control and Prevention, National Center for Health Statistics. (2006). *Trends of Overweight Among Children and Adolescents: United States, 2003-2004*. Retrieved on October 6, 2011 from http://www.cdc.gov/nchs/data/health_statistics/overweight_child_03.htm



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Connecticut State Department of Education • May 2008 (Revised November 2011)

Does CNS Apply?

Scenario 23

Food rewards **GIVEN** to students

“Given” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations



Does CNS Apply?

Scenario 23

Food rewards **GIVEN** to students

“Given” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations



NO

CNS applies only to food **SALES** to students

Food Rewards

- CNS applies if food rewards use anything that is **REDEEMABLE** for food, such as coupons, tickets, tokens, or similar items, or a point system



SALE is the exchange of foods or beverages for a determined amount of **MONEY OR ITS EQUIVALENT**, e.g., tickets, coupons, tokens or similar items

Alternatives to Food Rewards

ALTERNATIVES TO FOOD REWARDS



Promoting a Healthy School Environment

Food is commonly used to reward students for good behavior and academic performance. It's an easy, inexpensive and powerful tool to bring about immediate short-term behavior change. Yet, using food as reward has many negative consequences that go far beyond the short-term benefits of good behavior or performance.

Research clearly demonstrates that healthy kids learn better. To provide the best possible learning environment for children, schools must provide an environment that supports healthy behaviors. Students need to receive consistent, reliable health information and ample opportunity to use it. Finding alternatives to food rewards is an important part of providing a healthy school environment.

"Rewarding children with unhealthy foods in school undermines our efforts to teach them about good nutrition. It's like teaching children a lesson on the importance of not smoking, and then handing out ashtrays and lighters to the kids who did the best job listening."

Madene Schwartz, Ph.D., Deputy Director, Rudd Center for Food Policy and Obesity, Yale University

Consequences of Using Food Rewards

- ▶ **Compromises Classroom Learning:** Schools are designed to teach and model appropriate behaviors and skills to children. Nutrition principles taught in the classroom are meaningless if they are contradicted by rewarding children with candy and other sweets. It's like saying, "You need to eat healthy foods to feel and do your best, but when you behave or perform your best, you will be rewarded with unhealthy food." Classroom learning about nutrition remains strictly theoretical if schools regularly model unhealthy behaviors.
- ▶ **Contributes to Poor Health:** Foods commonly used as rewards, like candy and cookies, can contribute to health problems for children, such as obesity, diabetes, hypertension and cavities. Food rewards provide unneeded calories and displace healthier food choices.
- ▶ **Encourages Overconsumption of Unhealthy Foods:** Foods used as rewards are typically high in fat, added sugars and sodium with little nutritional value. Decreasing the availability of these foods is one strategy schools can use to address the current childhood obesity epidemic.
- ▶ **Contributes to Poor Eating Habits:** Rewarding with food can interfere with children learning to eat in response to hunger and satiety cues. This teaches kids to eat when they are not hungry as a reward to themselves, and may contribute to the development of disordered eating.^{1,2}
- ▶ **Increases Preference for Sweets:** Food preferences for both sweet and non-sweet foods increase significantly when foods are presented as rewards. This can teach children to prefer unhealthy foods.^{2,3}



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.⁴ Between 1980 and 2004, obesity tripled among children and adolescents.⁵ Children ages 2 to 18 consume almost 40 percent of their calories from solid fats and added sugars.⁶ Their diets do not include enough fruits and 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.⁷ Poor eating habits that contribute to health problems tend to be established early in life, and unhealthy habits are usually maintained as children age. Obese children have increased risk for diseases in adulthood, such as diabetes and heart disease, and they often become obese adults.^{8,9}

Does CNS Apply?

Scenario 24

Meetings that **SELL**
food to students on
school premises



Does CNS Apply?

Scenario 24

Meetings that **SELL** food to students on school premises



YES

Meetings do not qualify as an event and are ineligible for exemptions

Meetings

CNS applies if

- foods are **SOLD** to students **OR**
- the meeting **CHARGES** **A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 25

Meetings that **GIVE** food to students on school premises

“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations



Does CNS Apply?

Scenario 25

Meetings that **GIVE** food to students on school premises

“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations



NO

CNS applies only to food **SALES** to students

Does CNS Apply?

Scenario 26

Sports team practices that **GIVE** food to students on school premises



“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

Does CNS Apply?

Scenario 26

Sports team practices that **GIVE** food to students on school premises



“Give” means providing foods to students **FREE OF ANY CHARGE** (including the exchange of tickets, coupons, tokens, gift cards and similar items) **OR CONTRIBUTION**, such as suggested donations

NO

CNS applies only to food SALES to students

Sports Team Practices

CNS applies if

- foods are **SOLD** to students **OR**
- the sports team **CHARGES A FEE** for student participation that includes the **COST OF FOOD** provided to students



Does CNS Apply?

Scenario 27

Coupons, tickets, tokens or similar items that are **REDEEMABLE FOR FOODS** on school premises



Does CNS Apply?

Scenario 27

Coupons, tickets, tokens or similar items that are **REDEEMABLE FOR FOODS** on school premises



YES

Food sales to students include anything that can be **EXCHANGED FOR FOOD**, e.g., money, tickets, coupons, tokens or similar items

Does CNS Apply?

Scenario 28

Point rewards system where students can earn points for good behavior or performance, and redeem the points for foods on school premises



Does CNS Apply?

Scenario 28

Point rewards system where students can earn points for good behavior or performance, and redeem the points for foods on school premises



YES

Food sales to students include anything that can be **EXCHANGED FOR FOOD**, including points earned for good behavior or performance

Coupons, Tickets and Points

- The CNS applies if coupons, tickets, tokens, points or similar items are **REDEEMABLE** for food



“Sale” includes the exchange of money, tickets, coupons, tokens, gift cards and similar items

HFC RESOURCES



Summary of CNS

Connecticut Nutrition Standards

SCHOOL YEAR 2015-16 (EFFECTIVE JULY 1, 2015)

This document summarizes the Connecticut State Department of Education's (CSDE) *Connecticut Nutrition Standards for Foods in Schools*. The Connecticut Nutrition Standards (CNS) are based on current nutrition science and national health recommendations from the 2010 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine and American Heart Association.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium and sugars, eliminating trans fat, and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the interim final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in Schools*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Districts that choose to participate in Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable school meals, at all times and from all sources including, but not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers and any other sources of food sales to students. Foods that comply with the CNS are included on the CSDE's *List of Acceptable Foods and Beverages*, a brand-specific list of commercial food products that comply with the CNS and beverages that comply with the state beverages requirements of C.G.S. Section 10-221q.

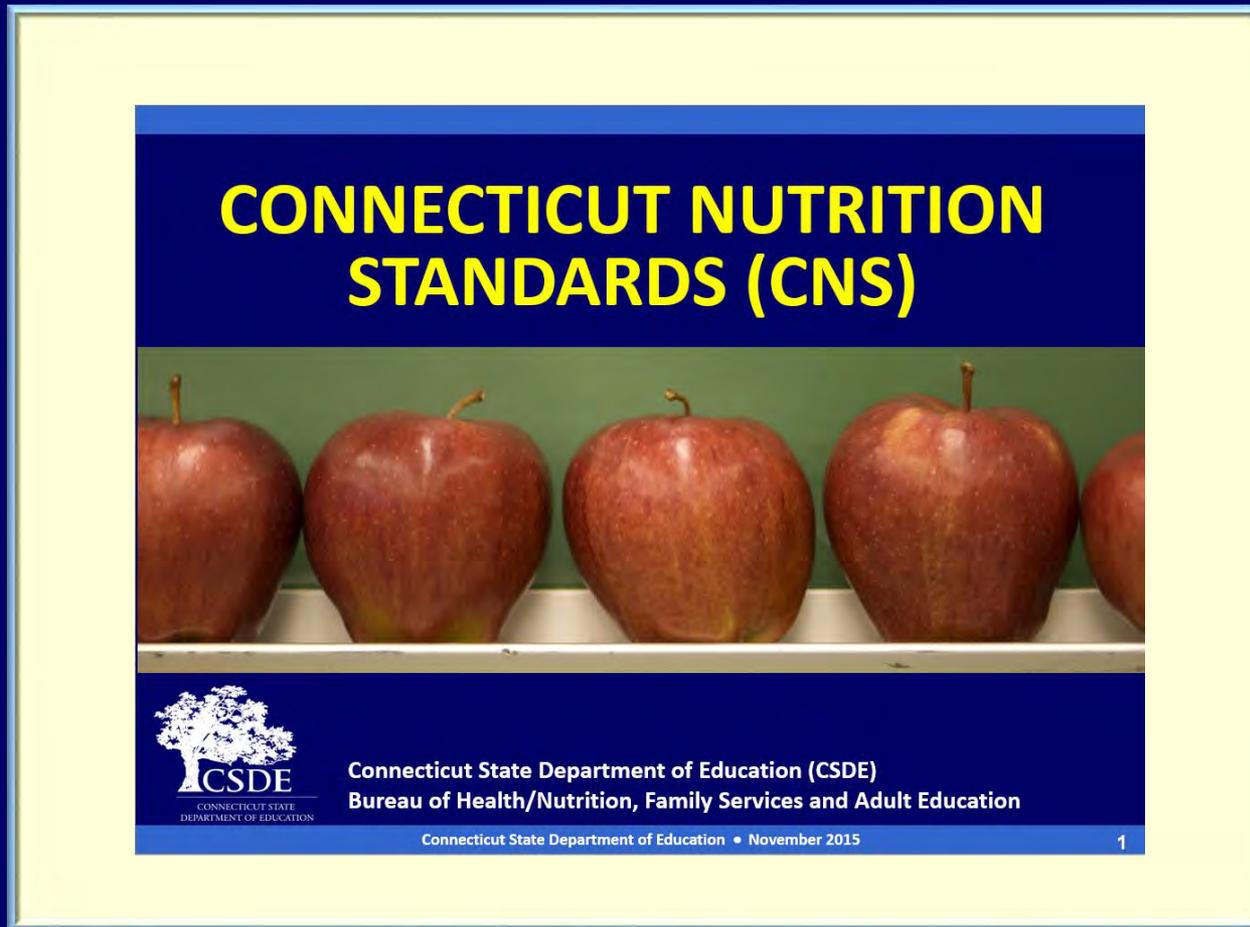
In HFC districts, foods that do not comply with the CNS can only be sold if the local board of education or school governing authority votes to allow exceptions, and the following conditions are met: 1) the sale is in connection with an event occurring after the end of the regular school day or on the weekend; 2) the sale is at the location of the event; and 3) the foods are not sold from a vending machine or school store. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity, e.g., soccer games, school plays and school debates are events but soccer practices, play rehearsals and debate team meetings are not.

The table on page 9 provides some key definitions for the CNS. For a complete glossary, see the *Connecticut Nutrition Standards for Foods in Schools*.



The CNS may be subject to change, pending the USDA's release of the final rule on the Smart Snacks nutrition standards for competitive foods.

CNS PowerPoint Presentation



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cns.pdf

HFC Requirements

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

HFC Documentation Forms

HFC DOCUMENTATION FORMS	
<p>The documentation forms below are for public schools that have chosen to implement Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes. HFC documentation must be submitted to the Connecticut State Department of Education (CSDE) by November 30 of each year.</p> <p>All districts must submit the HFC Compliance Form. In addition, selected school districts must also submit lists of foods and beverages sold to students from all sources.</p> 	
Forms for All Districts	Forms for Selected Districts
<p>All districts must submit the online Healthy Food Certification Compliance Form.</p> <ul style="list-style-type: none"> Online Healthy Food Certification Compliance Form <p>Due November 30, 2015 Submit documentation materials to:</p> <p>Connecticut State Department of Education Bureau of Health/Nutrition, Family Services and Adult Education 25 Industrial Park Road Middletown, CT 06457</p>	<p>Selected districts on the list below must submit lists of foods and beverages sold to students. Do NOT submit these lists if your district name is not listed.</p> <ul style="list-style-type: none"> Districts Required to Submit Lists of Foods and Beverages for School Year 2015-16 [PDF] Healthy Food Certification Documentation Forms <i>Required only for the districts listed above that must submit lists of foods and beverages</i> <ul style="list-style-type: none"> Form 1 - Purchased Foods and Beverages Sold in Cafeteria [PDF] [DOC] Form 2 - School-Made Foods Sold in Cafeteria [PDF] [DOC] Form 3 - Foods and Beverages Sold in Vending Machines [PDF] [DOC] Form 4 - Foods and Beverages Sold in School Stores [PDF] [DOC] Form 5 - Food and Beverage Fundraisers [PDF] [DOC] Form 6 - Purchased Foods and Beverages Sold from Other Sources [PDF] [DOC] Form 7 - School-Made Foods Sold from Other Sources [PDF] [DOC]
Technical Assistance Resources	
<p><i>Resources to assist districts with completing the HFC documentation materials</i></p> <ul style="list-style-type: none"> Checklist for HFC Documentation [PDF] Completing the Online HFC Compliance Form [PDF] Documentation Requirements for HFC (PowerPoint) [PDF] Guidance for HFC Documentation [PDF] Ensuring District Compliance with HFC [PDF] 	<p>The CSDE strongly encourages districts to simplify the documentation process by printing the appropriate sections of the CSDE's List of Acceptable Foods and Beverages, highlighting all items that are sold to students in each area (e.g., cafeteria, vending machines, school stores) and attaching to the appropriate CSDE form. For example, attach the highlighted list of items sold in cafeterias to <i>Form 1 Purchased Food and Beverages Sold in Cafeteria</i>. This saves time and also ensures that complete and accurate information is provided to the CSDE.</p>

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 are looking for.

List of Acceptable Foods and Beverages

- [List 1](#) Chips, Popcorn, Rice Cakes and Puffed Snacks
- [List 2](#) Crackers, Pita Chips, Hard Pretzels and Snack Mix
- [List 3](#) Cookies and Bars (e.g., granola, breakfast, cereal), including animal and graham crackers
- [List 4](#) Bakery Products (e.g., soft pretzels, muffins, bagels)
- [List 5](#) Cereals
- [List 6](#) Nuts, Seeds, Soy Nuts, Trail Mix and Jerky
- [List 7](#) Yogurt and Pudding
- [List 8](#) Cheese
- [List 9](#) Smoothies
- [List 10](#) Frozen Desserts and Ice Cream
- [List 11](#) Fruits and Vegetables
- [List 12](#) Soups
- [List 13](#) Non-entree Combination Foods
- [List 14](#) Entrees
- [List 15](#) Cooked Grains
- [List 16](#) Beverages – Milk
- [List 17](#) Beverages – Dairy Alternatives
- [List 18](#) Beverages – 100% Juice
- [List 19](#) Beverages – 100% Juice Frozen Slush
- [List 20](#) Beverages – Water with Juice (Carbonated and Noncarbonated)
- [List 21](#) Beverages – Water

Summary of Recent Updates

Changes since the previous online update of the list [\[PDF\]](#)

Vendor Contact Information

Manufacturers, brokers and distributors that sell foods and beverages on the list [\[PDF\]](#)

Submitting New Products for Approval

Information required to submit products to the CSDE for review [\[PDF\]](#)

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 10-221q](#)). 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&sq=322422
- Evaluating Foods for Compliance Web Page: www.sde.ct.gov/sde/cwp/view.asp?a=2626&sq=322430
- [Guide to Competitive Foods in Schools](#): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf
- HFC Documentation Web Page: www.sde.ct.gov/sde/cwp/view.asp?a=2626&sq=322428
- HFC Web Page: www.sde.ct.gov/sde/cwp/view.asp?a=2626&sq=322420
- List of Acceptable Foods and Beverages: www.sde.ct.gov/sde/cwp/view.asp?a=2626&sq=322432
- [Responsibilities of HFC District Contact Person](#): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfo/dccesp.pdf



For more information, visit the CSDE's [HFC and CNS Web pages](#) or contact: Susan S. Fiore, MS, RD, Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/ensurehfc.pdf

Responsibilities of District Contact Person

Responsibilities of District Contact Person for Healthy Food Certification

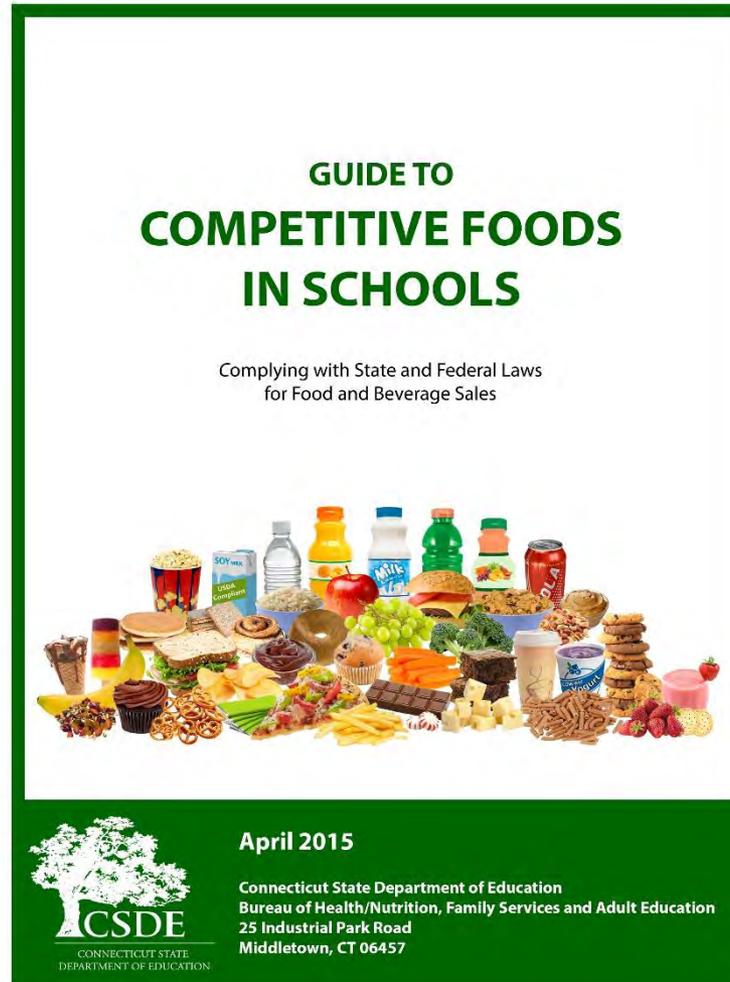
The district contact person is the point person identified by the school district for coordinating the implementation and monitoring of the district's Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes. This person will receive all communications from the Connecticut State Department of Education (CSDE) regarding HFC. The district contact person will be part of the CSDE's HFC e-mail distribution list and will receive regular updates regarding allowable food and beverage items, implementation resources, documentation requirements, training and other information regarding HFC.

The district contact person is responsible for:

- understanding the requirements of state statutes, the [Connecticut Nutrition Standards](#) and HFC;
- disseminating information regarding the HFC requirements to all appropriate staff members in the school district, such as the school food service director, cafeteria managers, culinary arts teachers, athletic directors, family and consumer sciences teachers, parent groups, school organizations and individuals who coordinate fundraising activities, school stores, kiosks, school-based enterprises, vending machines and any other food and beverage sales to students in the district;
- being familiar with the CSDE's [List of Acceptable Foods and Beverages](#)* and sharing information with all appropriate school staff members regarding any changes and updates to the list;
- being aware of and sharing with appropriate staff members in the school district the CSDE's resources and materials related to HFC, available on the CSDE's [HFC Web page](#);
- responding to questions from district staff members and contacting the CSDE with questions and requests for technical assistance as necessary;
- organizing and providing training and technical assistance as needed for appropriate school district staff members;
- responding to requests from the CSDE for information and documentation related to HFC;
- coordinating district procedures for monitoring compliance with HFC;
- assisting district spokesperson with media-related inquiries regarding the district's HFC and the requirements of state statutes; and
- coordinating the district's annual HFC documentation materials for submission to the CSDE, including completion of the online [HFC Compliance Form](#), and providing lists of food and beverages sold to students (see "Responsibilities for HFC Documentation" on the next page).

* The CSDE's [List of Acceptable Foods and Beverages](#) is a brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of [Section 10-221q](#) of the Connecticut General Statutes.

Guide to Competitive Foods in Schools



www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.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
25 Industrial Park Road
Middletown, CT 06457

Revised March 2014

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. Those 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-2) of the Regulations of Connecticut State Agencies;
- the state beverage requirements under C.G.S. Section 10-221p; 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 Schools*).



BEVERAGE REQUIREMENTS WEB PAGE

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/alternatieweb.pdf

Allowable Beverage in Connecticut Public Schools:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/alternatieweb.pdf

Allowable Milk Substitutes:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsp/crediting/milk_sub.pdf

Competitive Foods Web Page:

www.sde.ct.gov/sde/corp/view.asp?a=2626&q=335772

Connecticut Competitive Foods Regulation:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/crefing.pdf

Guide to Competitive Foods in Schools:

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/opermemo/14/om_11-14.pdf

Requirements for Beverage Containing Water and Juice:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/waterjuiceweb.pdf

Requirements for Beverage in Connecticut Public Schools (PowerPoint Presentation):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/beverage.pdf

Smart Snacks Nutrition Standards Web Page:

www.sde.ct.gov/sde/corp/view.asp?a=2626&q=335403

Summary of Smart Snacks Nutrition Standards:

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/smartsnacks.pdf



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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/resourceshf.pdf

Connecticut's 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 (*National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School*) 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*.

Fundraiser PowerPoint Presentation

Healthy Food Certification (HFC)
FUNDRAISER REQUIREMENTS



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

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www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/hfc_fund.pdf

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