

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Competitive Foods (Foods Available Outside of School Meals)

This list contains online resources on foods available outside of school meals including competitive foods and beverages (a la carte sales, vending machines, school stores and fundraisers), celebrations, food rewards and access to water. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to healthy school environments, 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.

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

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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/resourceschoolfd.pdf.

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Alternatives to Food Rewards

Alternatives to Food Rewards

Alternatives to Food as Reward: Promoting a Healthy School Environment. Connecticut State Department of Education, Revised November 2011. www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Food_Rewards.pdf

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Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health. Center for Science in the Public Interest, 2004. http://cspinet.org/nutritionpolicy/constructive_rewards.pdf

Non-Food Rewards. Alliance for a Healthier Generation. https://www.healthiergeneration.org/_asset/tljc7f/12-5933_NonFoodRewards.pdf

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Rewards and Incentives. NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids, 2005.
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Celebrations

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Create Healthy, Active Celebrations: Easy Ways To Eat Smart and Play Hard with Friends and Family. U.S. Department of Agriculture, May 2008. www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/QuickandEasy/celebrations.pdf

Ghoulishly Great Ideas for Halloween Parties and Trick-or-Treating. Center for Science in the Public Interest, 2005. Tips to help parents, teachers, health professionals and others create more healthful Halloween celebrations. The tips include shifting some of the focus from low-nutrition foods to activities and crafts and recipes and suggestions for healthier alternatives to candy. <http://cspinet.org/new/pdf/halloween.pdf>

Healthy Celebrations: Promoting a Healthy School Environment. Connecticut State Department of Education, Revised November 2011. www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Celebrations.pdf

It's Time to Celebrate: Food-Free Celebrations. Mealtime Memo, October 2012, National Food Service Management Institute. www.nfsmi.org/documentlibraryfiles/PDF/20121030022620.pdf

Let's Celebrate! Ready to think outside the cake box? Texas Department of Agriculture, 2005. Recipes for healthy celebrations. www.squaremeals.org/Portals/8/files/publications/Outside%20the%20Cake%20Box.pdf

Let's Party, Let's Play! West Virginia Department of Education. Online toolkit for classroom celebrations. <http://wvde.state.wv.us/nutrition/toolkit/partyoverview.html>

Make Celebrations Fun, Healthy & Active: 10 Tips to Creating Healthy, Active Events. U.S. Department of Agriculture, DG TipSheet No. 20, May 2012. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet5GotYourDairyToday.pdf

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- Competitive Foods and Beverages.* Healthy School Meals Resource System, U.S. Department of Agriculture.
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- Foods and Beverages Sold Outside of the School Meal Programs (Fact Sheet).* CDC's School Health Policies and Programs Study (SHPPS). www.cdc.gov/HealthyYouth/shpps/2006/factsheets/pdf/FS_FoodandBeverages_SHPPS2006.pdf
- Foods Sold in Competition with USDA School Meal Programs, A Report to Congress.* U.S. Department of Agriculture, January 12, 2001. www.cspinet.org/nutritionpolicy/Foods_Sold_in_Competition_with_USDA_School_Meal_Programs.pdf
- Foods Sold Outside of School Meals (Competitive Foods).* Research Brief. Robert Wood Johnson Foundation, 2007.
<http://childnutrition.ncpublicschools.gov/information-resources/competitive-foods/research-brief.pdf>
- Health Impact Assessment: National Nutrition Standards for Snack and a la Carte Foods and Beverages Sold in Schools.* Robert Wood Johnson Foundation and The Pew Charitable Trusts, 2012. Considers the possible health and financial impacts of the USDA's nutrition standards for competitive school foods. Includes a summary of current research and a review of existing state policies' guidelines on snack and a la carte foods and beverages sold in schools.
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- School Meal Programs: Competitive Foods Are Widely Available and Generate Substantial Revenues for Schools (GAO-05-563).* Government Accountability Office, August 8, 2005. www.gao.gov/new.items/d05563.pdf

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- Comparison of the U.S. Department of Agriculture's (USDA) Competitive Foods Standards and the Connecticut State Department of Education's (CSDE) Connecticut Nutrition Standards.* Connecticut State Department of Education, 2014.
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- Connecticut Competitive Foods Regulations.* Connecticut State Department of Education, 2015.
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- Guide to Competitive Foods in Schools.* Connecticut State Department of Education, 2015.
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- Healthy Food Certification Web Page.* Connecticut State Department of Education.
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- List of Acceptable Foods and Beverages.* Connecticut State Department of Education. A brand-specific list of food items meeting the Connecticut Nutrition Standards and beverages meeting the requirements of state statute. 34
- Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth.* Institute of Medicine, April 2007.
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- NuVal Nutritional Scoring System.* An independent and easy-to-use food scoring system that consumers can use across all products and brands to make informed decisions about food. www.nuval.com/
- Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools (Operational Memorandum No. 11-14).* Connecticut State Department of Education, February 11, 2014.
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Financial Impact of Healthy Foods

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- Controlling Junk Food and the Bottom Line: Case Studies of Schools Successfully Implementing Strong Nutrition Standards for Competitive Foods and Beverages.* Illinois Public Health Institute and University of Illinois at Chicago, 2013. http://iphionline.org/pdf/IPHI_Controlling_Junk_Food_Report_32113.pdf
- Dollars and Sense: The Financial Impact of Selling Healthier School Foods.* The Center for Weight and Health, University of California, Berkeley, 2007. Summarizes the impact of implementing California's nutrition standards (SB19) in 15 middle schools and 5 high schools. The study found that meal participation increased and that when students buy more meals and fewer snack foods, food service revenues increase. Increases in meal revenues more than compensated for any losses in competitive food and beverage sales. www.cspinet.org/nutritionpolicy/Dollarsense_07.pdf
- Financial Impacts of Nutrition Standards for Snacks Sold in Schools.* Kids' Safe and Healthful Foods Project, 2012. www.healthyschoolfoodsnow.org/financial-impacts-of-nutrition-standards-for-snacks-sold-in-schools/
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- LEAF (Linking Education, Activity and Food) Fiscal Impact Report.* Center for Weight and Health, University of California, Berkeley, 2005. Study of 16 middle and high schools that implemented California's legislated nutrition standards for competitive foods (SB 19/56) found that the majority of schools experienced increased revenues due to increased meals and reimbursements and that increases in reimbursable meal sales frequently compensated for losses in a la carte sales. http://cspinet.org/nutritionpolicy/LEAF_Fiscal_ImpactReport.pdf
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- Schools and School Districts That Have Improved School Foods and Beverages and Not Lost Money.* Center for Science in the Public Interest, February 2007. Documents success stories at 13 schools that made healthy changes and either maintained or increased income. http://cspinet.org/nutritionpolicy/improved_school_foods_without_losing_revenue2.pdf
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The inclusion of commercial fundraising Web sites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education.

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- A Fresh Look at Healthy Fundraisers for Schools.* East & Central Harlem District Public Health Office and the Strategic Alliance for Health, Winter 2010. www.nyc.gov/html/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf
- Creative Financing and Fun Fundraising.* California Project Lean, California Department of Health Services, Revised 2010.
www.co.shasta.ca.us/HHSA/CommunityPartners/Creative_Fundraising.sflb.ashx
- Healthy Fundraisers: Promote Family Health and Well-Being.* Action for Healthy Kids (No date).
www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-fl.pdf
- Healthy Fundraising.* Healthy Meals Resource System, U.S. Department of Agriculture.
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- Healthy FUNdraising Ideas.* California Department of Health Services, 2007.
<https://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-ParentTipSheetsFundraising-2007-03.pdf>
- Healthy Fundraising: Promoting a Healthy School Environment.* Connecticut State Department of Education, Revised November 2011. www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising.PDF
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- Non-Food Ways to Raise Funds and Reward a Job Well Done.* Texas Department of Agriculture, 2004.
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- Project Green Schools.* Fundraising program with nonfood items. www.projectgreenschools.org/
- School Fundraising Tool Kit.* Eat Smart Move More North Carolina.
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- Sweet Deals: School Fundraising Can Be Healthy and Profitable.* Center for Science in the Public Interest, 2007. This report dispels a number of myths about the need to sell junk food in schools and provides contact information for more than 60 companies that offer healthy fundraising options. www.cspinet.org/schoolfundraising.pdf
- Twenty Ways to Raise Funds Without Candy.* Illinois Nutrition Education and Training Program.
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Healthy Food Certification

Healthy Food Certification

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Connecticut Nutrition Standards. Connecticut State Department of Education.
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Contact Information for Vendors Selling Food and Beverages Listed on the Connecticut State Department of Education's List of Acceptable Foods and Beverages. Connecticut State Department of Education.
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Evaluating Foods for Compliance with Connecticut Nutrition Standards. Connecticut State Department of Education.
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Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents. American Dietetic Association, 2003. www.anthem.com/healthyhabits/noapplication/f0/s0/t0/pw_a081296.html

Healthy School Snacks. Center for Science in the Public Interest. www.cspinet.org/nutritionpolicy/healthy_school_snacks.pdf

Healthy Snack Turn. A wheel to help food service directors analyze snack foods to see if they fit within nutritional guidelines of 30/35% or less of total calories from fat, 10% or less of total calories from trans/saturated fat and 35% or less of weight from sugars (excluding naturally occurring sugars). Ordering Information at www.kidfitconnections.com

Healthy Snacks. Center for Science in the Public Interest, 2005. Provides healthy snack ideas for teachers, parents and others to provide in the classroom, after-school programs and outside of school. <http://cspinet.org/healthysnacks/> (A shorter one-page version is available at www.cspinet.org/nutritionpolicy/snacks_summary.pdf)

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Smart Snacks Nutrition Standards (USDA)

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