

Application Procedures for Healthy Food Certification

Section 10-215f of the
Connecticut General Statutes



CSDE
CONNECTICUT STATE
DEPARTMENT OF EDUCATION

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

About this Presentation

- This presentation provides general guidance regarding the application process for Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (CGS)
- For specific questions or technical assistance, please contact the Connecticut State Department of Education (see slides 55-56 for 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

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Overview of HFC



Overview of HFC

- CGS Section 10-215f requires that *all public schools participating in the NSLP* must *certify annually* by July 1 to the CSDE whether they will or will not follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable meals (competitive foods)
- Schools that follow the CNS receive additional state funding
- Private schools and residential child care institutions are not eligible for HFC

Connecticut Public Schools

- All local and regional boards of education
- Connecticut Technical High School System (Connecticut Technical Education and Career System)
- Governing authorities for state charter schools, interdistrict magnet schools, and endowed academies

Sources of Competitive Foods

- A la carte sales in the cafeteria
- Vending machines accessible to students
- School stores, kiosks, and other school-based enterprises
- Culinary programs
- Fundraisers
- Any other programs, organizations, and activities selling foods and beverages to students on school premises

Other Potential Sources of Competitive Foods *

- Adult education programs operated by the board of education
- Afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs
- Classroom parties and other celebrations
- Clubs and organizations
- Family and consumer sciences classes
- Family resource centers
- Meetings
- Recipient schools under interschool agreements
- Sports programs and competitions, such as games, matches, and tournaments
- Summer school programs (e.g., enrichment or exploratory) operated by the board of education
- USDA's Afterschool Snack Program (ASP)
- USDA's Seamless Summer Option (SSO) of the NSLP (*only if foods are sold separately from reimbursable meals*)
- USDA's Summer Food Service Program (SFSP) operated by the board of education on school premises (*only if foods are sold separately from reimbursable meals*)
- Vendors on school premises, e.g., food service management companies (FSMCs), food trucks, caterers, online and mobile food delivery companies, and other outside entities that sell foods and beverages to students

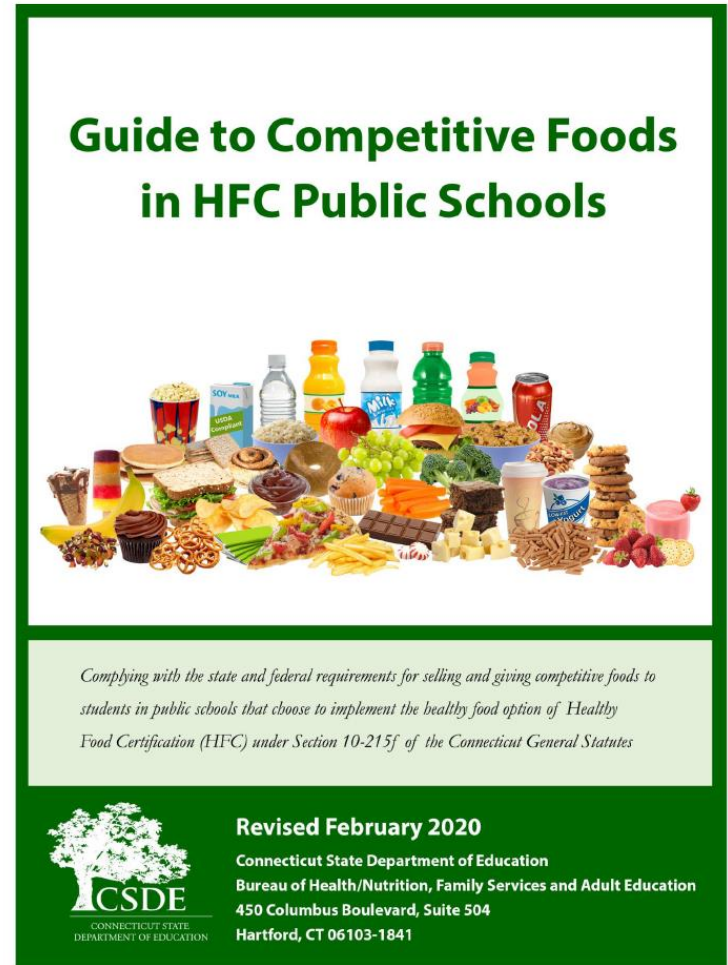
* **This list is not all-inclusive**

For detailed guidance, see the CSDE's *Guide to Competitive Foods in HFC Public Schools* (see slide 11)

CSDE Resource

Guide to Competitive Foods in HFC Public Schools

- Provides comprehensive guidance on complying with the federal and state requirements for selling and giving competitive foods to students in HFC public schools



<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsGuideHFC.pdf>

CSDE Webpage

Healthy Food Certification

- HFC participation (list of schools and state HFC map)
- HFC application
- HFC documentation
- HFC forms
- HFC resources

Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

CT.GOV HOME / DEPARTMENT OF EDUCATION / K-12 EDUCATION / NUTRITION / HEALTHY FOOD CERTIFICATION (HFC)

Healthy Food Certification (HFC)

- Overview
- Eligibility
- Apply
- Documents/Forms
- Related Resources
- Laws/Regulations
- FAQs
- Contact

Provided by:
Department of Education

Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education Beverage Requirements](#) | [Competitive Foods](#) | [CNS](#) | [List of Acceptable Foods and Beverages](#)

Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes requires that each board of education or governing authority for all public schools participating in the [National School Lunch Program \(NSLP\)](#) must **certify annually** to the Connecticut State Department of Education (CSDE) whether the district will 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. Districts that choose the healthy food option of HFC receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the prior school year.

HFC Overview

- [HFC Overview: Requirements for Competitive Foods in HFC Public Schools](#)
- [Summary of Connecticut Nutrition Standards](#)

List of HFC Districts (School Year 2019-20)

- [HFC Districts](#)
- [HFC Map](#)
- [HFC Data](#)

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

CSDE Resource

Presentation: Complying with Healthy Food Certification

- Overview of CNS
- Evaluating commercial foods
- Evaluating foods made from scratch
- Quiz: Test your HFC IQ
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/HFCPresentationComplying.pdf>

CSDE Webpage

Connecticut Nutrition Standards

- CNS summary
- Full CNS document
- Guidance on how to evaluate foods for CNS compliance
- CNS worksheets
- CNS resources

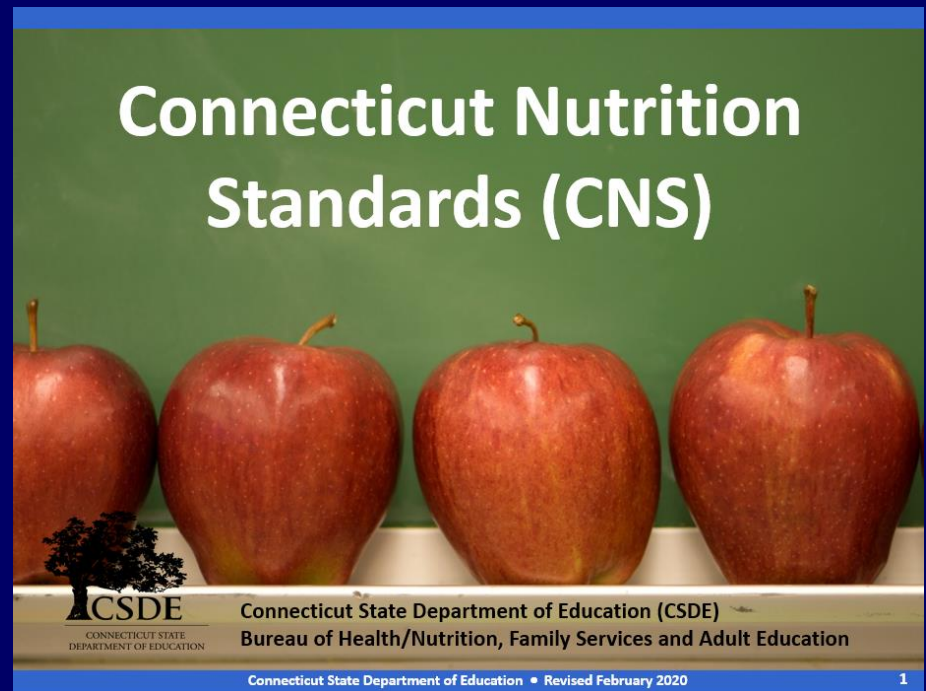
The screenshot shows the official website for the Connecticut Nutrition Standards. The page header includes the CT.gov logo, the text 'Connecticut's Official State Website', a search bar, and a 'Language + Settings' button. The breadcrumb trail reads 'CT.GOV HOME / DEPARTMENT OF EDUCATION / CONNECTICUT NUTRITION STANDARDS'. The main heading is 'Connecticut Nutrition Standards'. On the left, there is a navigation menu with links for 'Overview', 'How To', 'Documents/Forms', 'Related Resources', 'Laws/Regulations', and 'Contact'. The 'Overview' section is active. The main content area includes an 'Overview' sub-heading, a list of links for 'School Nutrition Programs', 'Program Guidance', 'Forms', 'Resources', and 'Nutrition Education', and another set of links for 'Healthy Food Certification', 'Beverage Requirements', and 'List of Acceptable Foods and Beverages'. The text explains that the standards were developed in response to Section 10-215e of the Connecticut General Statutes. A bulleted list highlights key focus areas: moderating calories; limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and promoting more nutrient-dense foods. A paragraph notes that standards are based on current nutrition science and national health recommendations. Another paragraph states that public school districts implementing the healthy food option must follow the CNS for all foods sold to students. A final paragraph mentions that the CNS meets or exceeds the USDA's Smart Snacks standards. A 'CNS Documents' section lists three items: a summary document for school years 2019-20 and 2020-21, the full CNS document with rationale and implementation guidance, and a presentation. A blue box at the bottom provides a tip: 'For information on how to evaluate foods for compliance with the CNS, go to the "How To" section in the left navigation bar.'

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards>

CSDE Resource

Presentation: Connecticut Nutrition Standards

- CNS categories
- General standards
- CNS ingredients
- CNS nutrients
- Evaluating commercial foods
- Evaluating foods made from scratch
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSpresentation.pdf>

CSDE Resource

Requirements for Competitive Foods in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving competitive foods to students in HFC public schools

Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in Connecticut public schools that participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, see the Connecticut State Department of Education's (CSDE) handout, *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's *Guide to Competitive Foods in HFC Public Schools*. For information on HFC, visit the CSDE's HFC webpage.

Overview of Federal and State Requirements

All foods available for sale to students separately from reimbursable meals in HFC public schools must comply with the Connecticut Nutrition Standards (CNS). All beverages available for sale to students in HFC public schools separately from reimbursable meals must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131) and any stricter requirements of the state beverage statute (C.G.S. Section 10-221q). The state beverage statute also applies to beverages sold as part of reimbursable meals.

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

In addition to the nutrition standards, HFC public schools must also comply with the following federal and state requirements:

- Connecticut's statute requiring the sale of nutritious and low-fat foods (C.G.S. Section 10-221p);
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of Regulations of Connecticut State Agencies);

CSDE Resource

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving competitive foods to students in HFC public schools
- Includes charts of state and federal laws and how they apply to different sources of food and beverage sales

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in public schools that participate the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), and choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.). "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's Child Nutrition Programs (CNPs). Under [Section 10-215b-1](#) of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

The state HFC statute requires that each board of education or school governing authority for all Connecticut public schools participating in the NSLP must certify annually to the CSDE whether they will comply with the [Connecticut Nutrition Standards \(CNS\)](#) for all foods sold to students separately from reimbursable meals. Public schools are not required to comply with the CNS, but are required by the state HFC statute to certify each year whether they will or will not comply with the CNS. For information on HFC, visit the Connecticut State Department of Education's (CSDE) [HFC](#) webpage.

For an overview of the requirements for competitive foods in HFC public schools, see the CSDE's handout, [Requirements for Competitive Foods in HFC Public Schools](#). For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's [Guide to Competitive Foods in HFC Public Schools](#).

Overview of Requirements

All foods available for sale to students separately from reimbursable meals in HFC public schools must comply with the CNS. The CNS also applies to reimbursable snacks in the Afterschool Snack Program (ASP).

All beverages available for sale to students in HFC public schools separately from reimbursable meals and ASP snacks must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)) and any stricter requirements of the state beverage statute ([C.G.S. Section 10-221q](#)). The state beverage statute also applies to reimbursable meals and ASP snacks.

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, [Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards](#).



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<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartHFC.pdf>

CSDE Resource

Questions and Answers on Connecticut Statutes

- Provides answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes for school foods and beverages

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
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Revised February 2020

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CTStatutesQA.pdf>

CSDE Webpage

List of Acceptable Foods and Beverages

■ Lists of brand-specific commercial

- food products that comply with the CNS
- beverages that comply with the state beverage requirements of CGS Section 10-221q

The screenshot shows the CSDE website page for the 'List of Acceptable Foods and Beverages'. The page includes a navigation bar with the CT.gov logo and search bar. The main content area features a left-hand navigation menu with options: Overview (selected), Documents/Forms, Related Resources, Laws/Regulations, and Contact. The main text area is titled 'List of Acceptable Foods and Beverages' and includes an 'Overview' section. The overview text states: 'The Connecticut State Department of Education's (CSDE) *List of Acceptable Foods and Beverages* is a brand-specific list of commercially prepared food products that comply with the [Connecticut Nutrition Standards \(CNS\)](#) and beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). These foods and beverages also meet the USDA's Smart Snacks nutrition standards.' Below this text is a bulleted list of key points: 'Minimally processed naturally nutrient-rich foods such as fresh fruits, vegetables and legumes comply with the CNS, but are not included on the *List of Acceptable Foods and Beverages*, unless they are individually packaged.'; 'The CSDE encourages schools and vendors to submit new product information to the CSDE for evaluation. The handout, [Submitting New Products for Approval](#), summarizes the information required to submit products for review.'; 'The CSDE updates the *List of Acceptable Foods and Beverages* every few months. The handout, [Summary of Recent List Updates](#), lists products that have been added or deleted since the last online update.'; 'The CSDE's [Vendor Contact Information](#) is a list of manufacturers, brokers, and distributors selling foods and beverages on the CSDE's *List of Acceptable Foods and Beverages*.' At the bottom of the page, a blue box contains the instruction: 'Go to the [Documents/Forms](#) section in the left navigation bar to access the *List of Acceptable Foods and Beverages*.'

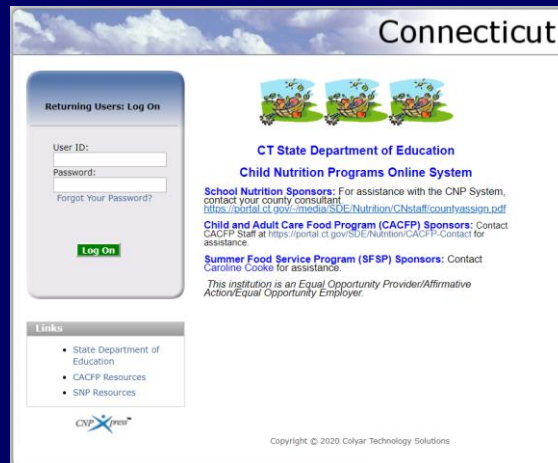
<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

HFC Application Process



HFC Statement (ED-099 Addendum)

- **Completed online** in CSDE's Online Application and Claiming System for Child Nutrition Programs (CNP System)
- Anticipated availability in **May 2020**



<https://ct.cnpus.com/prod/Splash.aspx>

HFC Statement (ED-099 Addendum)

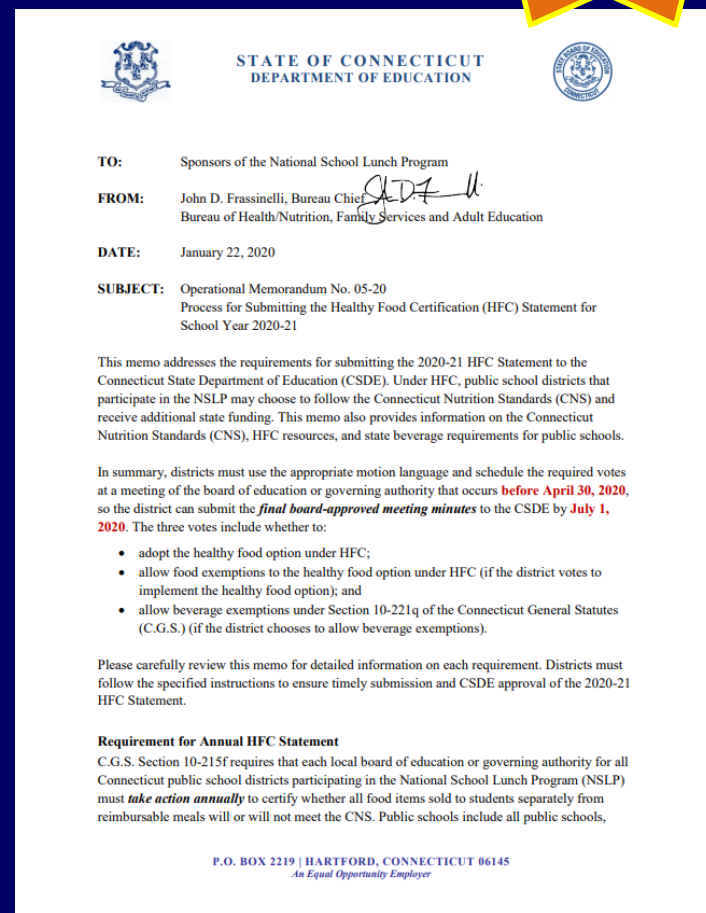
- Includes submission of
 1. HFC Statement – Addendum to Agreement for Child Nutrition Programs (ED-099)
 2. Final board-approved meeting minutes that reflect board votes
- Submission deadline is *July 1, 2020*

<https://ct.cnpus.com/prod/Splash.aspx>

HFC Application Process

Important

- CSDE's *Operational Memo No. 05-20* summarizes HFC application requirements and steps
 - Review carefully
 - Must follow the *specified instructions* to ensure timely submission and CSDE approval of 2020-21 HFC Statement



<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2020/OM05-20.pdf>

Summary of Requirements



- Districts must use the *appropriate motion language* and *schedule the required votes* at a meeting of the board of education or governing authority that occurs before **April 30, 2020**, so the district can submit the *final* board-approved meeting minutes to the CSDE by *July 1, 2020*

Required Votes



- The board of education or governing authority must vote on whether to
 1. adopt the *healthy food option* under HFC (CGS Section 10-215f)
 2. allow *food exemptions* to the healthy food option under HFC (if the district votes to implement the healthy food option)
 3. allow *beverage exemptions* under CGS Section 10-221q (if the district chooses to allow beverage exemptions)

Exemption Criteria for Foods and Beverages *

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

* These criteria also apply to beverage exemptions under GCS Section 10-221q

CSDE Resource

Exemptions for Foods and Beverages in Public Schools

- Summarizes the state requirements and provides guidance and specific motion language for exemptions

Exemptions for Foods and Beverages in Public Schools

This document summarizes the requirements for allowing food exemptions under Healthy Food Certification (HFC), which are mandated by Section 10-215f of the Connecticut General Statutes (C.G.S.); and the requirements for allowing beverage exemptions in public schools, which are mandated by C.G.S. Section 10-221q. It also provides motion language for the board of education or governing authority's votes to allow food exemptions and beverage exemptions.

Each public school sponsor of the National School Lunch Program (NSLP) must complete their annual HFC Statement (Addendum to Agreement for Child Nutrition Programs (ED-099)) by July 1 of each year. The HFC Statement is completed online in the Connecticut State Department of Education's (CSDE) Online Application and Claiming System for Child Nutrition Programs (CNP System), as part of the sponsor's application module for participation in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs. The final board-approved meeting minutes must be uploaded with the submission of the annual HFC Statement, and must indicate the results of the board votes for whether they will:

- adopt the healthy food option under HFC; and
- allow food exemptions to the healthy food option under HFC (if the district votes to implement the healthy food option); and
- allow beverage exemptions under C.G.S. Section 10-221q (if the district chooses to allow beverage exemptions).

The language in the final board-approved meeting minutes must reflect the specific criteria required by C.G.S. Section 10-215f for participating in the healthy food option of HFC and allowing food exemptions. For detailed guidance on the 2020-21 HFC application process, see CSDE Operational Memorandum 05-20: *Process for Submitting the Healthy Food Certification (HFC) Statement for School Year 2020-21*. For additional information on the HFC application process, visit the "Apply" section of the CSDE's HFC webpage.

If the district chooses to allow beverage exemptions, the CSDE recommends that the board of education or governing authority conducts the vote on beverage exemptions at the same time as the HFC votes. The language in the final board-approved meeting minutes must reflect the specific criteria for beverage exemptions required by C.G.S. Section 10-221q. For more information, see "Beverages" on page 3.

Note: Schedule the HFC votes at a meeting of the board of education or governing authority that occurs **before April 30**, so the district can submit the **final board approved meeting minutes** to the CSDE by the **July 1** deadline. The CSDE cannot accept **draft** meeting minutes to approve the HFC application. Districts must schedule the initial board meeting early enough to enable timely submission of the final board-approved meeting minutes.

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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FoodBeverageExemptions.pdf>

Must Meet July 1 Deadline



- If required votes have not occurred by July 1, district is *ineligible* to participate in HFC for the upcoming school year
- Districts must submit *final board-approved meeting minutes* that reflect the HFC votes
 - CSDE cannot accept *draft* meeting minutes to approve the HFC application
 - Schedule the initial board meeting early enough to enable timely submission of the *final* board-approved meeting minutes by July 1, 2020

Must Meet July 1 Deadline



- If the board conducts the HFC votes in June, and final board approval of the June minutes does not occur until the next board meeting in July or August, the district will not be able to submit the final board-approved June minutes by July 1, 2020
- CSDE strongly encourages districts to make the HFC Statement a *standing annual* board agenda item each year

Steps for HFC Application Process



Steps for HFC Application Process

1. Schedule the required votes (see slide 25) at a meeting of the board of education or governing authority that occurs *before April 30, 2020*, to enable submission of the *final board-approved meeting minutes* to the CSDE by *July 1, 2020*

Steps for HFC Application Process

2. Conduct the required votes at the scheduled meeting of the board of education or governing authority

- Use the *specific motion language* from Operational Memorandum No. 5-20 (see slide 23)
- Include the *specific motion language* from Operational Memorandum No. 5-20 in the final board-approved meeting minutes
- Maintain a copy of *final board-approved meeting minutes* indicating the results of the board votes for the healthy food option (see slide 34) and food exemptions (see slide 35) and beverage exemptions, if applicable (see slide 40)

Reminder: Required Votes

- All NSLP public school districts must vote on whether they will or will not adopt the *healthy food option* of HFC under CGS Section 10-215f
 - If the board votes to adopt the healthy food option, they must also vote on whether they will or will not allow *food exemptions*
- If the district chooses to allow sales of beverages that do not comply with CGS Section 10-221q, the board must also vote to allow *beverage exemptions* (see slides 37-40)

Motion Language for Healthy Food Option

Pursuant to C.G.S. Section 10-215f, the board of education or governing authority certifies that all food items offered for sale to students in the schools under its jurisdiction, and not exempted from the Connecticut Nutrition Standards published by the Connecticut State Department of Education, will comply with the Connecticut Nutrition Standards during the period of July 1, 2020, through June 30, 2021. This certification shall include all food 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, culinary programs, and any fundraising activities on school premises sponsored by the school or non-school organizations and groups.

See CSDE's Operational Memo No. 05-20 (slide 23)

Motion Language for Food Exemptions

The board of education or governing authority will allow the sale to students of food items that do not meet the Connecticut Nutrition Standards provided that 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 food items are not sold from a vending machine or school store. An “event” is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and interscholastic debates are events but soccer practices, play rehearsals, and debate team meetings are not. The “regular school day” is the period from midnight before to 30 minutes after the end of the official school day. “Location” means where the event is being held, and must be the same place as the food sales.

See CSDE’s Operational Memo No. 05-20 (slide 23)

Steps for HFC Application Process

3. *This step will be completed in **May 2020***

When the CSDE notifies districts that the CNP System is open, *complete the online HFC application module* and *upload the final board-approved meeting minutes* indicating the results of the required votes (see slide 25)

- CSDE will e-mail instructions to all NSLP sponsors when CNP System opens
- Do not access CNP System before this e-mail

Beverage Exemptions



Beverage Requirements

- CGS Section 10-221q allows only *five categories of beverages* for sale to students in public schools



- Applies to *all public schools* (HFC and non-HFC)
- Without a beverage exemption, the district can *never* sell beverages that do not comply with CGS Section 10-221q

Beverage Exemptions

- Beverage exemptions are *not* part of the annual HFC Statement and must be a *separate* board vote
 - The board of education or governing authority *must take action* to allow the sale to students of any beverages that do not comply with CGS Section 10-221q
 - Same three exemption criteria apply (see slide 26)
- CSDE recommends voting on beverage exemptions at the *same time* as HFC votes

Motion Language for Beverage Exemptions

The board of education or governing authority will allow the sale to students of beverages not listed in Section 10-221q of the Connecticut General Statutes provided that 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 beverages are not sold from a vending machine or school store. An “event” is an occurrence that involves more than just a regularly scheduled practice, meeting or extracurricular activity. The “school day” is the period from midnight before to 30 minutes after the end of the official school day. “Location” means where the event is being held, and must be the same place as the beverage sales.

See CSDE’s Operational Memo No. 05-20 (slide 23)

CSDE Resource

Allowable Beverages in Connecticut Public Schools

- Summarizes the state and federal requirements for selling and giving beverages to students in Connecticut public schools

Allowable Beverages in Connecticut Public Schools

The requirements for beverages sold in Connecticut public schools are governed by Section 10-221q of the Connecticut General Statutes (C.G.S.) and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS/FDA of 2010*.

- "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. This includes any activities that suggest a student donation in exchange for foods and beverages.
- "Public schools" include regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools, and endowed academies.



All beverages sold to students in Connecticut public schools must comply with the Smart Snacks beverage standards and any stricter beverage requirements of C.G.S. Section 10-221q. The state beverage statute applies to beverages sold to students at all times, both as part of school meals and separately from school meals, anywhere on school premises, such as cafeterias, vending machines, school stores, and fundraisers. It applies to all Connecticut public schools, even if they do not choose the healthy food option of HFC under C.G.S. Section 10-215f or do not participate in the USDA Child Nutrition Programs.

Beverage Categories

Table 1 lists the five categories of beverages allowed by C.G.S. Section 10-221q for sale to students in Connecticut public schools. **Note:** The beverage requirements in these resources include the stricter provisions of both the state and federal beverage standards.

Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for plain water (with or without carbonation), which is unlimited. Flavored carbonated water (such as sparkling water and seltzer) is allowed only for high schools, and is limited to 1 fluid ounce.

For more information on the specific beverage requirements, see the Connecticut State Department of Education's (CSDE) presentation, [Beverage Requirements for Connecticut Public Schools](#); and visit the CSDE's [Beverage Requirements](#) webpage.

CSDE Webpage

Beverage Requirements

- Requirements for public schools
- Requirements for private schools and residential child care institutions
- Prohibited beverages
- Resources

The screenshot shows the CSDE website page for Beverage Requirements. The page header includes the Connecticut State Website logo, a search bar, and a Language + Settings button. The breadcrumb trail is CT.GOV HOME / DEPARTMENT OF EDUCATION / BEVERAGE REQUIREMENTS. The main heading is Beverage Requirements. A navigation menu on the left includes Overview (selected), Documents/Forms, Laws/Regulations, and Contact. The main content area is titled Overview and includes links for HFC, Competitive Foods, CNS, and List of Acceptable Foods and Beverages. The text explains that Section 10-221q of the Connecticut General Statutes (C.G.S.) governs beverages sold to students in public schools at all times. It also mentions that the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards apply to beverages sold to students separately from school meals during the school day on school premises. The page is provided by the Department of Education.

<http://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

CSDE Resource

Allowable Beverages in Connecticut Public Schools

- Summarizes the state and federal requirements for selling and giving beverages to students in Connecticut public schools

Allowable Beverages in Connecticut Public Schools

The requirements for beverages sold to students in Connecticut public schools are governed by Section 10-221q of the Connecticut General Statutes (C.G.S.) and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS/FDA of 2010*.

- "Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Under Connecticut's statutes and regulations for competitive foods, sales include coupons and similar items that are given to students (such as food rewards), and can be exchanged for foods and beverages.
- "Public schools" include regional educational service centers, the Connecticut Technical High School System (Connecticut Technical Education and Career System), charter schools, interdistrict magnet schools, and endowed academies.



All beverages sold to students in Connecticut public schools must comply with the Smart Snacks beverage standards and any stricter beverage requirements of C.G.S. Section 10-221q. The state beverage statute applies to beverages sold to students at all times, both as part of school meals and separately from school meals, anywhere on school premises, such as cafeterias, vending machines, school stores, fundraisers, and culinary programs. The state beverage statute applies to all Connecticut public schools, even if they do not choose the healthy food option of HFC under C.G.S. Section 10-215f or do not participate in the USDA Child Nutrition Programs.

Beverage Categories

Table 1 lists the five categories of beverages allowed by C.G.S. Section 10-221q for sale to students in Connecticut public schools. **Note:** The beverage requirements include the stricter provisions of both the state and federal beverage standards.

Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for plain water (with or without carbonation), which is unlimited. Flavored carbonated water (such as sparkling water and seltzer) is allowed only for high schools, and is limited to 12 fluid ounces.

For more information on the specific beverage requirements, see the Connecticut State Department of Education's (CSDE) presentation, *Beverage Requirements for Connecticut Public Schools*, and visit the CSDE's [Beverage Requirements](#) webpage.

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CSDE Resource

Presentation: Beverage Requirements for Connecticut Public Schools

- Overview of beverage requirements
- Exemption criteria
- Allowable beverages
- Prohibited beverages
- Resources

The thumbnail shows a presentation slide with a green background. At the top, the title "Beverage Requirements for Connecticut Public Schools" is written in white. Below the title is a horizontal strip of three images: a young girl drinking from a water bottle, a boy looking at a vending machine, and a boy holding a water bottle. At the bottom of the slide, there is a logo for CSDE (Connecticut State Department of Education) featuring a tree, and the text "Connecticut State Department of Education (CSDE) Bureau of Health/Nutrition, Family Services and Adult Education". A footer at the very bottom of the slide reads "Connecticut State Department of Education • Revised February 2020" and a small number "1" in the bottom right corner.

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/BeveragesPresentation.pdf>

Option for Combined Food and Beverage Exemptions



Combined Food and Beverage Exemptions

- Instead of two separate food and beverage motions, the district may choose to combine food and beverage exemptions in *one motion*

Motion Language for Combined Food and Beverage Exemptions

The board of education or governing authority will allow the sale to students of food items that do not meet the Connecticut Nutrition Standards and beverages not listed in Section 10-221q of the Connecticut General Statutes provided that 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 food and beverage items are not sold from a vending machine or school store. An “event” is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and interscholastic debates are events but soccer practices, play rehearsals, and debate team meetings are not. The “regular school day” is the period from midnight before to 30 minutes after the end of the official school day. “Location” means where the event is being held.

See CSDE’s Operational Memo No. 05-20 (slide 23)

More Resources



CSDE Resource

Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises

Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises in Connecticut public schools that participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). For guidance on the federal and state requirements and how they apply to different sources of foods and beverages in HFC public schools, see the Connecticut State Department of Education's (CSDE) handouts, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's *Guide to Competitive Foods in HFC Public Schools*. For information on HFC, visit the CSDE's HFC webpage.

Overview of Federal and State Requirements

All foods available for sale to students from vending machines in HFC public schools must comply with the Connecticut Nutrition Standards (CNS). All beverages available for sale to students from vending machines in HFC public schools must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131) and any stricter requirements of the state beverage statute (C.G.S. Section 10-221q).

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

In addition to the nutrition standards, vending machines must also comply with the following federal and state requirements:

- Connecticut's statute requiring the sale of nutritious and low-fat foods (C.G.S. Section 10-221p);
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of Regulations of Connecticut State Agencies);
- the local educational agency's (LEA) school wellness policy, as required by the USDA's school wellness policy legislation (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act of 2010); and



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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/VendingHFC.pdf>

CSDE Resource

Requirements for Foods and Beverages in School Stores in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores on school premises

Requirements for Foods and Beverages in School Stores in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores, kiosks, and other school-based enterprises on school premises in Connecticut public schools that participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). For guidance on the federal and state requirements and how they apply to different sources of foods and beverages in HFC public schools, see the Connecticut State Department of Education's (CSDE) handouts, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's *Guide to Competitive Foods in HFC Public Schools*. For information on HFC, visit the CSDE's HFC webpage.

Overview of Federal and State Requirements

All foods available for sale to students from school stores in HFC public schools must comply with the [Connecticut Nutrition Standards \(CNS\)](#). All beverages available for sale to students from school stores in HFC public schools must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131) and any stricter requirements of the state beverage statute (C.G.S. Section 10-221q).

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

In addition to the nutrition standards, school stores must also comply with the following federal and state requirements:

- Connecticut's statute requiring the sale of nutritious and low-fat foods (C.G.S. Section 10-221p);
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of Regulations of Connecticut State Agencies);
- the local educational agency's (LEA) school wellness policy, as required by the USDA's school wellness policy legislation (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act of 2010); and



CSDE Resource

Requirements for Food and Beverage Fundraisers in HFC Public Schools

- Summarizes the federal and state requirements for selling foods and beverages to students from fundraisers on school premises

Requirements for Food and Beverage Fundraisers in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students from fundraisers in Connecticut public schools that participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP) and choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.). For guidance on the federal and state requirements and how they apply to different sources of foods and beverages in HFC public schools, see the Connecticut State Department of Education's (CSDE) handouts, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. For detailed guidance on the requirements for competitive foods in HFC public schools, see the CSDE's *Guide to Competitive Foods in HFC Public Schools*. For information on HFC, visit the CSDE's HFC webpage.

Fundraisers are any activities during which money or its equivalent (such as coupons, tickets, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result. Examples of food and beverage fundraisers include sales of commercial products, such as potato chips and other snack foods, candy bars, cookies, muffins, frozen cookie dough, pies, water, and soft drinks; and sales of foods and beverages made from scratch, such as baked goods, popcorn, sandwiches, smoothies, coffee, and hot chocolate.

The CSDE strongly encourages schools to promote consistent health messages to students by selling healthy foods or conducting nonfood fundraisers. The CSDE's handout, *Healthy Fundraising*, provides suggestions for fundraising with nonfood items and activities.

Overview of Federal and State Requirements

All foods available for sale to students from fundraisers in HFC public schools must comply with the *Connecticut Nutrition Standards* (CNS). All beverages available for sale to students from fundraisers in HFC public schools must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131) and any stricter requirements of the state beverage statute (C.G.S. Section 10-221q).

Note: While Smart Snacks addresses foods and beverages, only the beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (C.G.S. Section 10-215f) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, see the CSDE's handout, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

CSDE Resource

Presentation: HFC Fundraiser Requirements

- Overview of HFC
- Other Requirements for Fundraisers
- Allowable Fundraisers
- Quiz: Test Your Fundraiser Knowledge
- Resources



The image shows a presentation slide with a green background. At the top, the title "Healthy Food Certification (HFC) Fundraiser Requirements" is written in white. Below the title is a collage of images including a bucket of popcorn, a stack of cookies, a chocolate bar, a cupcake, a gift card, and a dollar bill. At the bottom left is the CSDE logo, and at the bottom right is the text "Connecticut State Department of Education (CSDE) Bureau of Health/Nutrition, Family Services and Adult Education". A footer at the very bottom of the slide reads "Connecticut State Department of Education • Revised February 2020" and a small number "1" is in the bottom right corner.

Healthy Food Certification
(HFC) Fundraiser
Requirements

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CONNECTICUT STATE
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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/HFCPresentationFundraisers.pdf>

CSDE Resource

Presentation: HFC Documentation Requirements

- Overview of HFC and CNS
- HFC Documentation for School Year 2019-20
- Submitting Online HFC Compliance Form
- Submitting Lists of Foods and Beverages
- CSDE Review Procedures for HFC Documentation
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Doc/HFCPresentationDocumentation.pdf>

CSDE Resource

Resources for Healthy Foods and Beverages in Schools

- Links to resources on the federal and state requirements for selling and giving competitive foods to students

Resources for Healthy Foods and Beverages in Schools

This document summarizes webpages and resources to assist schools with implementing the federal and state requirements for competitive foods in schools. These resources are from the Connecticut State Department of Education (CSDE), U.S. Department of Agriculture (USDA), and other organizations related to school nutrition. "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages (i.e., candy, tea, coffee, and soft drinks) that are given to students while CNPs are operating.

The federal and state 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;
- USDA's Smart Snacks nutrition standards for competitive foods (81 FR 50131);
- Connecticut's beverage statute for public schools (C.G.S. Section 10-221q);
- Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (C.G.S. Section 10-221p);
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- USDA's School Wellness Policy (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act of 2010);
- USDA's regulation for revenue from nonprogram foods (7 CFR 210.14 (f)); and
- USDA's policies and guidance for competitive foods (USDA policy memos for the NSLP and SBP).

These laws determine what and when foods and beverages may be sold or given to students. They also regulate the accrual of income from sales of competitive foods. Some laws apply differently depending on whether the school is a public school, private school, or residential child care institution (RCCI). Some laws apply during the school day, while others apply at all times or while the USDA's CNPs are operating. When the federal and state laws supersede each other, schools must follow the stricter requirements. For an overview of these requirements, see the CSDE's handout, *Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions*.



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<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/ResourcesHealthyFB.pdf>

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