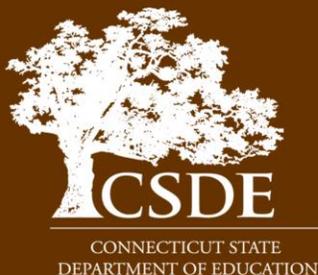


Guide to Competitive Foods in Private Schools and Residential Child Care Institutions



Complying with the state and federal requirements for selling and giving competitive foods to students in private schools and residential child care institutions that participate in the National School Lunch Program of the U.S. Department of Agriculture



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Connecticut State Department of Education

Bureau of Health/Nutrition, Family Services and Adult Education

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Guide to Competitive Foods in Private Schools and Residential Child Care Institutions

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About This Guide

The Connecticut State Department of Education’s (CSDE) *Guide to Competitive Foods in Private Schools and Residential Child Care Institutions* provides comprehensive guidance on complying with the federal and state requirements for competitive foods in private schools and residential child care institutions (RCCIs) that participate in the U.S. Department of Agriculture’s (USDA) National School Lunch Program (NSLP) and School Breakfast Program (SBP). This guide is based on the following federal and state requirements:

- USDA’s Smart Snacks nutrition standards for competitive foods ([81 FR 50131](#));
- 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](#)).

Some of the federal requirements are stricter than the state requirements, and some of the state requirements are stricter than the federal requirements. For example, the USDA’s Smart Snacks nutrition standards apply to sales of competitive foods to students during the school day. However, the state competitive foods regulations apply to sales of competitive foods to students whenever any Child Nutrition Programs are operating, including during and after the school day. They also apply when candy, coffee, tea, and soft drinks are given to students. When the federal and state requirements are different, private schools and RCCIs must comply with the strictest requirement. This guide indicates when the federal and state laws supersede each other, and how they apply to different sources of foods and beverages in private schools and RCCIs.

This guide provides implementation guidance for meeting the nutrition standards for foods and beverages required by the USDA’s Smart Snacks nutrition standards. It also explains how the federal and state requirements for competitive foods apply to a variety of settings such as cafeterias, vending machines, school stores, fundraisers, concession stands, classes and educational programs, afterschool program and activities, summer school programs, meetings, and other sources of competitive foods in schools. Sections 3 and 4 include charts that summarize how the federal and state requirements apply to selling and giving specific types of foods and beverages to students.



Each section of this guide contains links to other sections when appropriate, and to websites with relevant information and resources. These can be accessed by clicking on the blue text throughout the guide.

The mention of trade names, commercial products or organizations does not imply approval or endorsement by the CSDE or the USDA. Product names are used solely for clarification.

Note: The requirements for competitive foods are different for public schools, and depend on whether the public school chooses the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes. For more information, see the CSDE’s publications, *Guide to Competitive Foods in HFC Public Schools* and *Guide to Competitive Foods in Non-HFC Public Schools*.

The information in this guide is subject to change. The CSDE will update this guide as needed, based on changes to the USDA’s regulations and policies for competitive foods. Please check the CSDE’s [Competitive Foods in Schools](#) webpage for the most current version. For more information, contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, at susan.fiore@ct.gov or 860-807-2075.

CSDE Contact Information

For questions regarding the federal and state requirements for competitive foods, please contact the school nutrition programs staff in the CSDE’s Bureau of Health/Nutrition, Family Services and Adult Education.

CSDE School Nutrition Programs Staff	
County	Consultant
Fairfield County (includes Region 9) Litchfield County (includes Regions 1, 6, 7, 12, and 14)	Fionnuala Brown fionnuala.brown@ct.gov 860-807-2129
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New London County Tolland County (includes Regions 8 and 19) Windham County (includes Region 11)	Susan Alston susan.alston@ct.gov 860-807-2081
 <p> Connecticut State Department of Education Bureau of Health/Nutrition, Family Services and Adult Education 450 Columbus Boulevard, Suite 504 Hartford, CT 06103-1841 </p>	

For a complete listing of the CSDE’s Child Nutrition Programs staff, see the CSDE’s handout, *Child Nutrition Staff and Responsibilities*.

Abbreviations and Acronyms

ASP	Afterschool Snack Program
CFR	Code of Federal Regulations
CGS	Connecticut General Statutes
CNPs	Child Nutrition Programs
CSDE	Connecticut State Department of Education
FDA	Food and Drug Administration
FFVP	Fresh Fruit and Vegetable Program
FNS	Food and Nutrition Service, U.S. Department of Agriculture
HHFKA	Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296)
LEA	local educational agency
NSLP	National School Lunch Program
RCCI	residential child care institution
SBP	School Breakfast Program
SFA	school food authority
SFSP	Summer Food Service Program
SMP	Special Milk Program
SSO	Seamless Summer Option of the NSLP
USDA	United States Department of Agriculture
WGR	whole grain-rich

1 — Overview

This guide applies to Connecticut private schools and residential child care institutions (RCCIs) that participate in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Private schools and RCCIs are allowed to sell and give competitive foods to students only within certain times and only if they meet specific nutrition standards. This guide provides comprehensive information and resources to help private schools and RCCIs comply with the federal and state requirements for selling and giving competitive foods to students.

“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 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 CNPs include the NSLP, SBP, Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), and Child and Adult Care Food Program (CACFP) At-risk Afterschool Meals operated in schools, and Summer Food Service Program (SFSP) operated in schools. RCCIs may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation. RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.

Competitive foods include creditable and noncreditable foods.

- “Creditable foods” are foods and beverages that credit toward the USDA’s meal patterns for reimbursable meals and snacks in the CNPs. Creditable foods are competitive foods when they are sold separately from reimbursable meals and ASP snacks. Examples include 100 percent juice, low-fat and fat-free milk, entrees (such as pizza, chicken nuggets, and turkey sandwich), soup, low-fat yogurt, fruits, vegetables, french fries, salad, pasta, rice, and whole grain-rich crackers, cookies, muffins, and pasta. For information on crediting foods in the school nutrition programs, see the CSDE’s guides, *Menu Planning Guide for School Meals for Grades K-12*, *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP*, and *ASP Handbook*.

- “Noncreditable foods” are foods and beverages that do not credit toward the USDA’s meal patterns for reimbursable meals and snacks in the CNPs. Noncreditable foods are competitive foods when they are sold separately from reimbursable meals and ASP snacks. Examples include bottled water, reduced fat (2%) milk, bacon, condiments (such as ketchup, mustard, and salad dressing), cream cheese, potato chips, ice cream, gelatin, and pudding. For more information, see the CSDE’s handout, [Noncreditable Foods for Grades K-12 in the NSLP and SBP](#), [Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP](#), and [Noncreditable Foods for Grades K-12 in the ASP](#).

Regardless of whether competitive foods are creditable or noncreditable, they must comply with the federal and state requirements. Some of the federal requirements are stricter than the state requirements, and some of the state requirements are stricter than the federal requirements. For example, the USDA’s Smart Snacks nutrition standards apply to sales of competitive foods to students during the school day. However, the state competitive foods regulations apply to sales of competitive foods to students whenever CNPs are operating, including during and after the school day. They also apply when candy, coffee, tea, and soft drinks are given to students. When the federal and state requirements are different, private schools and RCCIs must comply with the strictest requirement. This guide indicates when the federal and state laws supersede each other, and how they apply to different sources of foods and beverages in private schools and RCCIs.

Sources of Competitive Foods

Common examples of sources of competitive foods include cafeterias, vending machines, school stores, and fundraisers. Table 1-1 shows examples of potential sources of competitive foods in private schools and RCCIs. This list is not all-inclusive.



Table 1-1. Potential sources of competitive foods in private schools and RCCIs ¹

- Afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs
- Cafeteria a la carte sales
- Classes and educational programs that prepare foods and beverages, such as culinary arts programs and family and consumer sciences classes
- Classroom parties and other celebrations
- Clubs and organizations
- Concession stands
- Fundraisers conducted by school groups and non-school groups
- Programs and meetings that charge a fee that includes the cost of foods and beverages provided to students
- School stores, kiosks, and other school-based enterprises
- Sports competitions, such as games, matches, and tournaments
- Sports programs
- Summer school programs (e.g., enrichment or exploratory) operated by the school governing authority
- USDA’s Afterschool Snack Program (ASP)
- USDA’s Seamless Summer Option (SSO) of the NSLP
- USDA’s Summer Food Service Program (SFSP) operated by the board of education on school premises
- Vending machines
- Vendors on school campus, 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
- Any other programs, organizations, and activities selling or giving foods and beverages to students on school premises

¹ The Smart Snacks nutrition standards for competitive foods apply to all foods and beverages sold to students on school campus during the school day, separately from reimbursable meals. Section 10-215b-1 of the state competitive foods regulations applies to selling and giving candy, coffee, tea, and soft drinks to students on school premises while any CNPs are operating, including during and after the school day. For more information, see [“Sales to Students”](#) and [“Giving Foods and Beverages to Students”](#) in section 2.

Federal and State Requirements

Private schools and RCCIs that participate in the NSLP and SBP must comply with the following federal and state requirements:

- USDA’s Smart Snacks nutrition standards for competitive foods (Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010 ([81 FR 50131](#)));
- 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 regulations 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](#)).

Table 1-2 summarizes when the federal and state requirements apply to private schools and RCCIs, which foods and beverages they restrict, and whether they apply to selling or giving foods and beverages to students. An overview of each requirement begins on page 6.

Federal/state requirement	Applies to	When applies	Applies to	
			Selling ¹	Giving ¹
Federal (USDA): Smart Snacks Nutrition Standards (81 FR 50131)	All foods and beverages sold to students on school premises separately from reimbursable meals and snacks through the CNPs.	During the school day. ²	Yes	No
State: Section 10-215b-1 of the Regulations of Connecticut State Agencies : Competitive foods (candy, coffee, tea, and soft drinks)	Selling and giving candy, coffee, tea, and soft drinks to students on school premises, as part of and separately from reimbursable meals and snacks through the CNPs.	From 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. ²	Yes	Yes

Table 1-2. Requirements for competitive foods in private schools and RCCIs

Federal/state requirement	Applies to	When applies	Applies to	
			Selling ¹	Giving ¹
State: Section 10-215b-23 of the Regulations of Connecticut State Agencies: Accrual of Income	Accrual of income from all sales of foods and beverages to students anywhere on school premises while any CNPs are operating.	From 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. ²	Yes	No
Federal (USDA): School Wellness Policy (Public Law 108-265) and the Healthy, Hunger-Free Kids Act of 2010	Selling and giving foods and beverages to students on school premises, separately from reimbursable meals and snacks through the CNPs.	During the school day. ²	Yes	Yes
Federal (USDA): Revenue from Nonprogram Foods (7 CFR 210.14 (f))	All foods and beverages purchased using funds from the nonprofit school food service account, and sold to students (outside of reimbursable meals and snacks through the CNPs) and adults on school premises.	At all times.	Yes	No

¹ For the definition of these terms, see the [Glossary](#). For more information, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in this section.

² The “school day” is the period from the midnight before to 30 minutes after the end of the official school day. For example, if school ends at 3:00 p.m., the school day is from midnight to 3:30 p.m. Summer school programs operated by the school governing authority are part of the regular school day.

³ The school wellness policy must include standards and nutrition guidelines for all foods and beverages available to students on the school campus during the school day, including foods and beverages sold to students and provided to students free of any charge. For more information, see “[USDA School Wellness Policy](#)” in this section.

Smart Snacks Nutrition Standards

All schools and institutions that participate in the NSLP and SBP must comply with the USDA's the Smart Snacks nutrition standards. Smart Snacks applies to all sales of competitive foods to students on school campus during the school day.

- “Sales” means the exchange of a determined amount of money (including the purchase of 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 Section 10-215b-1 of the state competitive foods regulations, sales also include coupons, tickets, tokens, and similar that are given to students and can be exchanged for certain foods and beverages, such as food rewards. For more information, see [“Sales to Students,”](#) [“Giving Foods and Beverages to Students,”](#) and [“Food Rewards”](#) in section 2.
- “Competitive foods” are all foods and beverages available for sale to students on school campus during the school day, other than reimbursable meals and snacks served through the CNPs. The state competitive foods regulations extend this time because they apply whenever CNPs are operating, including during and after the school day. For more information, see [“State Competitive Foods Regulations”](#) in this section.
- The “school campus” is all areas of the property under the jurisdiction of the school that are accessible to students during the school day. The state competitive foods regulations extend this time because they apply whenever CNPs are operating, including during and after the school day. For more information, see [“State Competitive Foods Regulations”](#) in this section.
- The “school day” is the period from the midnight before to 30 minutes after the end of the official school day. For example, if school ends at 3:00 p.m., the school day is midnight to 3:30 p.m. Summer school programs operated by the board of education or school governing authority are part of the regular school day.



Smart Snacks does not apply to:

- the ASP, unless it operates before the end of the school day or sells foods and beverages to students separately from reimbursable ASP snacks;
- the SFSP, unless it operates during the summer school day during which NSLP meals are served, and sells foods and beverages to students separately from reimbursable SFSP meals and snacks;
- the SSO; or
- schools that participate only in the SMP.

However, the USDA encourages schools to use Smart Snacks in other CNPs to improve the overall school nutrition environment.

Standards for foods

The Smart Snacks nutrition standards for foods are the same for all grades. Smart Snacks limits calories, fat, saturated fat, trans fat, sodium, and added sugars; and promotes more nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes, and lean meats.

The two Smart Snacks food categories include entrees sold only a la carte and side dishes. Entree items offered as part of the NSLP or SBP are exempt from Smart Snacks if they are sold separately from reimbursable meals on the day of service, or the day after service, in the NSLP or SBP. For example, a cheeseburger that is part of Monday’s reimbursable lunch may be sold a la carte during the lunch service on Monday or Tuesday, and Smart Snacks does not apply. Exempt entrees sold as competitive foods must be offered in the same or smaller portion sizes as the NSLP and SBP, and with the same accompaniments.

- **Entrees sold only a la carte:** Smart Snacks applies only to entrees that are sold only a la carte, i.e., not as part of a reimbursable meal. For example, if a school sells pizza that is not part of a reimbursable meal on the day of service, or the day after service, the pizza must comply with Smart Snacks. An “entree item” is a main dish food from one of following three categories: 1) a combination food of meat/meat alternate and whole grain-rich food; 2) a combination food of vegetable/fruit and meat/meat alternate; or 3) a meat/meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds, nut and seed butters and meat snacks. At breakfast only, the entree definition also includes whole grain-rich grain-only items, such as bagels, muffins, and waffles. Schools can determine which grain-only items are defined as entree items for breakfasts offered as part of the SBP.

- **Side dishes:** Side dishes are all food items that do not meet the Smart Snacks definition for entrees. Examples include fruits and vegetables; pasta, rice, and cooked cereal grains, e.g., quinoa, bulgur, and bulgur; snack foods such as chips, crackers, popcorn, rice cakes, hard pretzels, pita chips, snack mix, and trail mix; breakfast cereals, e.g., cold ready-to-eat (RTE) cereals and cooked hot cereals such as oatmeal; nuts and seeds; peanut butter and other nut butters; dried meat snacks, e.g., beef jerky and meat sticks; bakery items, e.g., pastries, toaster pastries, muffins, waffles, pancakes, French toast, soft pretzels, rolls, and buns; desserts, e.g., cookies, brownies, cake, pie, and pudding; frozen desserts, e.g., frozen fruit bars, ice cream, and ice cream novelties; cereal bars and granola bars; cheese, e.g., low fat cheese sticks and low-fat cheese cubes; yogurt and soy yogurt; and fruit/vegetable smoothies.

Allowable foods must comply with at least one of three Smart Snacks general nutrition standards, and specific nutrient standards for calories, fat, saturated fat, trans fat, sugar, and sodium. Smart Snacks allows exemptions for certain nutrient-rich food items that are naturally higher in fat (such as nuts and seeds) or sugars (such as dried fruit). All fruits and vegetables without added fat, sugar, and salt are exempt from Smart Snacks.

Private schools and RCCIs must evaluate all foods for compliance with the Smart Snacks nutrition standards based on the amount of the food item as served, including any added accompaniments. Accompaniments are foods that accompany another food or beverage item, such as butter, cream cheese, syrup, and condiments, e.g., ketchup, mustard, mayonnaise and salad dressing. Examples include bagels with cream cheese, waffles with syrup, pasta with butter, egg rolls with duck sauce, and fruit crisp with whipped cream. For example, to determine if a bagel with cream cheese complies with Smart Snacks, the school must add the nutrients for the bagel plus the nutrients for the cream cheese, and compare this total with the Smart Snacks requirements for the side dishes category.

For detailed information on the general standards and nutrient standards for each Smart Snacks category, see the CSDE's handouts, [Summary of Smart Snacks Nutrition Standards](#) and [Questions and Answers on Smart Snacks](#), and visit the CSDE's [Smart Snacks](#) webpage.



Standards for beverages

The Smart Snacks beverage standards for elementary and middle schools are different from the beverage standards for high schools. Allowable beverages for all grades include:

- low-fat and fat-free milk (unflavored and flavored);
- nondairy milk alternatives (such as unflavored or flavored soy milk) that comply with the USDA's nutrition standards for fluid milk substitutes;
- 100 percent fruit juice, vegetable juice, or combination of fruit and vegetable juice (with or without carbonation);
- 100 percent juice diluted with water (with or without carbonation); and
- plain water (with or without carbonation).

Smart Snacks includes two additional categories of other flavored and/or carbonated beverages that are allowed only for high school students. Beverages in these categories must meet specific calorie limits for the amount served. Private schools and RCCIs must include any added accompaniments (such as milk, cream, sugar, and honey) when evaluating these beverages for compliance with the calorie limits. For example, the calories for milk, cream, and sugar must be included when determining if a serving of coffee meets the calorie limits.

Portion sizes for all beverages are limited to 8 fluid ounces for elementary students and 12 fluid ounces for high school students, except water, which is unlimited. Table 1-3 summarizes the Smart Snacks beverage standards.



Table 1-3. Smart Snacks beverage standards

Beverage category	Elementary	Middle	High
Low-fat (1%) milk, unflavored	8 fluid ounces (fl oz)	12 fl oz	12 fl oz
Fat-free milk, flavored or unflavored, including nutritionally equivalent milk alternatives permitted by the school meal requirements ¹	8 fl oz	12 fl oz	12 fl oz
100% fruit/vegetable juice	8 fl oz	12 fl oz	12 fl oz
100% fruit/vegetable juice diluted with water and no added sweeteners (with or without carbonation)	8 fl oz	12 fl oz	12 fl oz
Plain water (with or without carbonation)	Unlimited	Unlimited	Unlimited
Calorie-free, flavored water (with or without carbonation)	Not permitted	Not permitted	20 fl oz
Flavored and/or carbonated beverages ² <ul style="list-style-type: none"> • Less than 5 calories per 8 fluid ounces or • No more than 10 calories per 20 fluid ounces 	Not permitted	Not permitted	12 fl oz
Flavored and/or carbonated beverages ² <ul style="list-style-type: none"> • No more than 40 calories per 8 fluid ounces or • No more than 60 calories per 12 fluid ounces 	Not permitted	Not permitted	12 fl oz
<p>¹ For information on allowable milk substitutes, see the CSDE’s handout, <i>Milk Substitutes for Children without Disabilities in School Nutrition Programs</i>.</p> <p>² Beverages in the category of “flavored and/or carbonated beverages” must be evaluated for compliance with the calorie limit based on the amount served, including any added accompaniments, such as milk, cream, sugar, and honey.</p>			

Identifying allowable foods and beverages

The CSDE’s [List of Acceptable Foods and Beverages](#) webpage identifies commercial food and beverage products that comply with Smart Snacks. Private schools and RCCIs must verify that commercial foods and beverages are approved before selling them to students. Products not listed either do not comply with the federal and state nutrition standards, or have not been submitted to the CSDE for review. For information on how to submit products for review, see the CSDE’s handout, [Submitting Food and Beverage Products for Approval](#). Private schools and RCCIs may also use the Alliance for a Healthier Generation’s [Smart Snacks Product Calculator](#) to assess product compliance with Smart Snacks.

For foods made from scratch, private schools and RCCIs must conduct a nutrient analysis to determine if the recipes comply with Smart Snacks. Foods made from scratch include foods prepared from a recipe and foods that require some additional processing by adding other ingredients after purchasing.

- Examples of foods prepared from a recipe include entrees that are only sold a la carte (not as part of reimbursable meals), such as pizza, lasagna, stew, chicken stir-fry, and yogurt-fruit parfaits; baked goods such as muffins and cookies; cooked grains such as pasta and rice with added ingredients such as butter, oil, or salt; vegetables with added ingredients such as butter, oil, or salt; salad with dressing; coleslaw; potato salad; and soup.
- Examples of foods that require some additional processing by adding other ingredients after purchasing include popping popcorn kernels with oil; making cookies from a mix and adding butter and eggs; assembling a sandwich; and adding sprinkles to frozen commercial cookie dough before baking.

The recipe’s nutrition information per serving (including any added accompaniments) must be compared with each nutrition standard for the appropriate Smart Snacks category. If the recipe does not indicate the nutrition information per serving, the CSDE’s [CNS worksheet 9: Nutrient Analysis](#) can be used to calculate this information.

A recipe is not compliant unless it meets each standard for the appropriate Smart Snacks category. Schools must determine that a recipe complies with the Smart Snacks before the food is sold to students. Documentation of each recipe’s compliance with Smart Snacks must be maintained on file for the CSDE’s Administrative Review of school nutrition programs. For more information, see the CSDE’s handout, [Guidance on Evaluating School Recipes](#), and visit the “[How To](#)” section of the CSDE’s CNS webpage.

Note: A nutrient analysis is not required for entrees that are sold as part of reimbursable meals and are also sold a la carte during the meal service on the same day, or the day after. These entrees are exempt from Smart Snacks.

State Competitive Foods Regulations

Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies apply to all schools and institutions that participate in the CNPs. Section 10-215b-1 addresses restrictions for sales and dispensing of candy, coffee, tea, and soft drinks to students on school premises. Section 10-215b-23 addresses the accrual of income from sales of foods and beverages to students on school premises.

- “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. For more information, see [“Sales to Students”](#) in section 2.
- “Dispensing” means to give, provide, or distribute foods and beverages to students. This includes foods and beverages that are given to students free of any charge, such as food rewards and classroom parties. For more information, see [“Giving Foods and Beverages to Students”](#) in section 2.
- “Candy” includes all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies, and jelly beans), and breath mints.
- “Coffee” and “tea” include all types, e.g., regular, decaffeinated, herbal, and iced.
- “Soft drinks” include all beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients. Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie, and zero calorie), sweetened beverages (with or without carbonation) that are not 100 percent juice (such as lemonade and fruit punch drinks), and flavored water with added sweeteners.

Depending on when CNPs operate, Smart Snacks may supersede the state competitive foods regulations, or the state competitive foods regulations may supersede Smart Snacks. This section summarizes when each requirement applies.

Section 10-215b-1: Candy

Smart Snacks prohibits candy sales to students on school campus during the school day, but does not apply after the school day or when candy is given to students free of any charge or contribution. For information on what constitutes selling and giving, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2.

If any CNPs are operating, Section 10-215b-1 of the state competitive foods regulations extends restrictions for candy. Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. The examples below illustrate this requirement.

- If the SBP operates from 7:00 a.m. to 7:30 a.m., candy cannot be sold or given to students anywhere on school premises from 6:30 a.m. to 8:00 a.m. For example, a fundraiser cannot sell or distribute candy to students during this time and teachers cannot give candy to students at a classroom party during this time. **Note:** Smart Snacks already prohibits candy sales to students during the school day, but does not apply when candy is given to students.
- If the NSLP operates from 11:30 a.m. to 1:00 p.m., candy cannot be sold or given to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. For example, a vending machine cannot sell candy to students during this time, and school staff cannot give candy to students as rewards during this time. **Note:** Smart Snacks already prohibits candy sales to students during the school day, but does not apply when candy is given to students.
- If the ASP operates from 3:30 p.m. to 4:30 p.m., candy cannot be sold or given to students anywhere on school premises from 3:00 p.m. to 5:00 p.m. For example, a school store cannot sell candy to students during this time, and teachers cannot give candy to students at a classroom party during this time. **Note:** Smart Snacks does not apply after the school day or when candy is given to students.
- If the At-Risk Afterschool Meals program serves supper from 5:00 p.m. to 6:00 p.m., candy cannot be sold or given to students anywhere on school premises from 4:30 p.m. to 6:30 p.m. For example, a booster club at a sports competition cannot sell candy to students during this time, and school staff cannot give candy to students as food rewards during this time. **Note:** Smart Snacks does not apply after the school day or when candy is given to students.

If CNPs are not operating, candy could be sold or given to students on school premises after the school day. For example, if school ends at 3:00 p.m., candy could be sold or given to

students from 3:31 p.m. to 11:59 p.m. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating candy on school premises. For more information, see the CSDE’s handouts, [Healthy Fundraising](#), [Healthy Celebrations](#), and [Alternatives to Food Rewards](#).

Section 10-215b-1: Coffee, tea, and soft drinks

The Smart Snacks beverage standards apply during the school day. However, if CNPs are operating after the school day, Section 10-215b-1 of the state competitive foods regulations extends restrictions for coffee, tea, and soft drinks. The requirements for elementary and middle schools are different from high schools, and are summarized below.

Elementary and middle school students

Smart Snacks prohibits sales of coffee, tea, and soft drinks to elementary and middle school students during the school day, but does not apply after the school day or when these beverages are given to students free of any charge or contribution. For information on what constitutes selling and giving, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2.

If any CNPs are operating, Section 10-215b-1 of the state competitive foods regulations extends restrictions for coffee, tea, and soft drinks in elementary and middle schools. Section 10-215b-1 prohibits selling and giving coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. The examples below illustrate this requirement.

- If the SBP operates from 7:00 a.m. to 7:30 a.m. coffee, tea, and soft drinks cannot be sold or given to elementary and middle school students anywhere on school premises from 6:30 a.m. to 8:00 a.m. For example, a fundraiser cannot sell or distribute coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students at a classroom party during this time. **Note:** Smart Snacks already prohibits sales of coffee, tea, and soft drinks to elementary and middle school students during the school day, but does not apply when these beverages are given to students.
- If the NSLP operates from 11:30 a.m. to 1:00 p.m., coffee, tea, and soft drinks cannot be sold or given to elementary and middle school students anywhere on school premises from 11:00 a.m. to 1:30 p.m. For example, a vending machine cannot sell coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students as rewards during this time. **Note:** Smart Snacks already prohibits sales of coffee, tea, and soft drinks to elementary and

middle school students during the school day, but does not apply when these beverages are given to students.

- If the ASP operates from 4:00 p.m. to 5:00 p.m., coffee, tea, and soft drinks cannot be sold or given to elementary and middle school students anywhere on school premises from 3:30 p.m. to 5:30 p.m. For example, a school store cannot sell or distribute coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students at a classroom party during this time. **Note:** Smart Snacks does not apply after the school day.
- If the At-Risk Afterschool Meals program serves supper from 5:00 p.m. to 6:00 p.m., coffee, tea, and soft drinks cannot be sold or given to elementary and middle school students anywhere on school premises from 4:30 p.m. to 6:30 p.m. For example, a fundraiser cannot sell or distribute coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students as food rewards during this time. **Note:** Smart Snacks does not apply after the school day.

If CNPs are not operating, coffee, tea, and soft drinks could be sold or given to elementary or middle school students on school premises after the school day. For example, if school ends at 3:30 p.m., coffee, tea, and soft drinks could be sold or given to elementary or middle school students from 4:01 p.m. through 11:59 p.m. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating coffee, tea, and soft drinks on school premises. For more information, see the CSDE’s handouts, [Healthy Fundraising](#), [Healthy Celebrations](#), and [Alternatives to Food Rewards](#).



High school students

Smart Snacks allows sales of coffee, tea, and soft drinks to high school students during the school day, if these beverages comply with the calorie limits for the Smart Snacks category of “other flavored and/or carbonated beverages” and the portion size does not exceed 12 fluid ounces. For information on the category of “flavored and/or carbonated beverages,” see [table 1-3](#). Smart Snacks does not apply when coffee, tea, and soft drinks are given to high school students free of any charge or contribution. For information on what constitutes selling and giving, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2.

Section 10-215b-1 of the state competitive foods regulations supersedes Smart Snacks because it prohibits selling and giving coffee, tea, and soft drinks to high school students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. The examples below illustrate this requirement.

- If the SBP operates from 7:00 a.m. to 7:30 a.m., coffee, tea, and soft drinks cannot be sold or given to high school students anywhere on school premises from 6:30 a.m. to 8:00 a.m. For example, a fundraiser cannot sell or distribute coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students at a classroom party during this time.
- If the NSLP operates from 11:30 a.m. to 1:00 p.m., coffee, tea, and soft drinks cannot be sold or given to high school students anywhere on school premises from 11:00 a.m. to 1:30 p.m. For example, a vending machine cannot sell or distribute coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students as rewards during this time.
- If the ASP operates from 3:30 p.m. to 4:30 p.m., coffee, tea, and soft drinks cannot be sold or given to high school students anywhere on school premises from 3:00 p.m. to 5:00 p.m. For example, a school store cannot sell or distribute coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students at a classroom party during this time.
- If the At-Risk Afterschool Meals program serves supper from 5:00 p.m. to 6:00 p.m., coffee, tea, and soft drinks cannot be sold or given to high school students anywhere on school premises from 4:30 p.m. to 6:30 p.m. For example, a sporting event cannot sell coffee, tea, and soft drinks to students during this time, and teachers cannot give these beverages to students as food rewards during this time.

Coffee, tea, and soft drinks that comply with the Smart Snacks beverage standards could be sold or given to high school students outside of the time specified by Section 10-215b-1 of the state competitive foods regulations. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating coffee, tea, and soft drinks on school premises. For more information, see the CSDE’s handouts, [Healthy Fundraising](#), [Healthy Celebrations](#), and [Alternatives to Food Rewards](#).

Section 10-215b-23: Accrual of income

Section 10-215b-23 of the state competitive foods regulations requires that the income from all sales of foods and beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account.

- “Income” means gross income.
- “Nonprofit food service account” means the restricted account in which all of the revenue from all food service operations conducted by the school food authority (SFA) principally for the benefit of school children is retained and used only for the operation or improvement of the nonprofit school food service. This account shall include, as appropriate, non-federal funds used to support paid lunches as provided in [7 CFR 210.14\(e\)](#), and proceeds from nonprogram foods as provided in [7 CFR 210.14\(f\)](#).

All sales of foods and beverages to students anywhere on school premises during this time must comply with this regulation, including foods and beverages that comply with Smart Snacks, and foods and beverages that do not comply with Smart Snacks. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

If any vending machines operate during this time, the gross income (not just the percentage of the income specified in the vending machine contract) must accrue to the nonprofit food service account. For example, if a vending machine contract specifies that the school food service department receives 20 percent of the total vending sales, and the vending machine operates from 30 minutes before up through 30 minutes after the operation of any CNPs, the school food service department must receive 100 percent of the total vending sales (gross income) during this time. For more information, see the CSDE’s [Operational Memorandum No. 1-18: Accrual of Income from Sales of Competitive Foods in Schools](#), and the CSDE’s handout, [Connecticut Competitive Foods Regulations](#).

USDA School Wellness Policy

The Child Nutrition and WIC Reauthorization Act of 2004 ([Section 4 of Public Law 108-265](#)) required all schools and institutions participating in the NSLP and SBP to develop a school wellness policy by the first day of school year 2006-07. The [Healthy, Hunger-Free Kids Act of 2010](#) strengthened the school wellness policy law by adding requirements for public participation, transparency, and implementation. At a minimum, the local wellness policy must:

- include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
- include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district (including foods and beverages that are sold to students, and foods and beverages that are given to students at no cost);
- permit parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local wellness policy;
- inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies; and
- be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local educational agency's (LEA) local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.



Schools and institutions may choose to include additional features or integrate student wellness with other ongoing programs, such as the [Whole School, Whole Community, Whole Child \(WSCC\)](#) model and community-based programs. Federal law requires that school wellness policies must address the five areas above, but the actual content of each area is locally determined by the individual LEA.

Each LEA's school wellness policy has its own requirements regarding what foods and beverages may be sold or given to students at school. At a minimum, the LEA's school wellness policy for foods and beverages must meet all applicable federal and state nutrition standards and requirements.

The resources below provide more information on school wellness policies.

- Action Guide for Child Care Nutrition and Physical Activity Policies (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/CCAG.pdf>
- Action Guide for School Nutrition and Physical Activity Policies (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf
- Local School Wellness Policy (USDA webpage):
<https://www.fns.usda.gov/tn/local-school-wellness-policy>
- School Wellness Policies (CSDE webpage):
<https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

For additional resources, see the CSDE’s resource list, *Wellness Policies for Schools and Child Care*.

Revenue from Nonprogram Foods

Section 7 CFR 210.14 (f) of the NSLP regulations requires that all revenue from the sale of nonprogram foods must accrue to the nonprofit school food service account. “Nonprogram foods” are foods and beverages purchased using funds from the nonprofit school food service account and sold to students or adults at any time or location on school premises, other than reimbursable meals and snacks served through the CNPs. Nonprogram foods include all foods and beverages sold in schools, adult meals, outside-of-school hours, and catering or vending activities. They also include competitive foods purchased using funds from the nonprofit school food service account, such as cafeteria a la carte sales or foods and beverages for vending machines operated by the food service department. For most school food authorities (SFA), cafeteria a la carte sales account for the majority of nonprogram foods.

This regulation also requires that when school food service labor is used to prepare foods for an outside entity (such as catering), the SFA must ensure that all costs, including labor and any other costs incurred, are covered by the entity being served by the school food service program. For more information, see [USDA Memo SP 13-2014: School Food Service Account Revenue from the Sale of Nonprogram Foods](#) and [USDA Memo SP 20-2016: Nonprofit School Food Service Account Nonprogram Food Revenue Requirements](#).

Note: Nonprogram foods are different from competitive foods. Competitive foods are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the CNPs. Some competitive foods are purchased using funds from the nonprofit school food service account, but many are not. For example, funds from the nonprofit school food service account might be used to purchase competitive foods that are sold from vending machines in the cafeteria, but they are not typically used to purchase competitive foods that are sold from school stores and fundraisers.



2 — When the Requirements Apply

Some of the federal requirements are stricter than the state requirements, and some of the state requirements are stricter than the federal requirements. Some requirements apply during the school day, while others apply at all times or while CNPs are operating. When the federal and state requirements are different, private schools and RCCIs must comply with the strictest requirement. This section indicates when the federal requirements supersede the state requirements, and vice versa; and summarizes when Smart Snacks and the state competitive foods regulations apply to the following sources of foods and beverages in private schools and RCCIs:

- sales to students;
- giving foods and beverages to students;
- sales to adults;
- afterschool programs and activities;
- Afterschool Snack Program (ASP);
- celebrations;
- classes and education programs;
- compliant foods and beverages;
- concession stands;
- food rewards;
- foods and beverages brought from home;
- fundraisers;
- interschool agreements;
- meetings;
- noncompliant foods and beverages;
- school cafeterias;
- school stores;
- Special Milk Program (SMP);
- sports competitions;
- sports practices;
- Summer Food Service Program (SFSP) and Seamless Summer Option (SSO);
- summer school programs;
- vending machines; and
- vendors.



2 | When the Requirements Apply

How the federal and state requirements for competitive foods apply to private schools and RCCIs depends on the source of foods and beverages, whether foods and beverages are sold or given to students, and when foods and beverages are sold or given to students. For a summary chart of when the federal and state requirements apply to different sources of competitive foods in private schools and RCCIs, see the CSDE’s handout, *Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions*. The CSDE’s handout, *Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions*, provides an overview of the requirements for private schools and RCCIs.

Sales to Students

The federal and state requirements for sales of competitive foods apply at different times.

- Smart Snacks applies to sales of foods and beverages available to students on school campus during the school day, separately from reimbursable meals. For more information, see “[Smart Snacks Nutrition Standards](#)” in section 1.
- The state competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies) apply from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Section 10-215b-1 prohibits selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises during this time. Section 10-215b-23 requires that the income from all foods and beverages sold to students on school premises during this time must accrue to the nonprofit food service account. For more information, see “[State Competitive Foods Regulations](#)” in section 1.

The federal and state requirements for competitive foods have different definitions for sales.

Sales definition for Smart Snacks

“Sales” means the exchange of a determined amount of money (including the purchase of coupons, tickets, tokens, and similar items) for foods and beverages on school campus during the school day. Under the Smart Snacks regulations, foods and beverages are being sold to students when any of the five conditions below applies.

1. Students purchase foods and beverages on school campus during the school day.
2. Students exchange purchased coupons, tickets, tokens, and similar items for foods and beverages on school campus during the school day.

3. Students order and receive distribution of fundraiser foods and beverages that are intended to be consumed by students on school campus during the school day.
4. Programs or activities charge a fee that includes the cost of foods and beverages provided to students on school campus during the school day.
5. Fundraisers on school campus during the school day give foods and beverages to students in exchange for a suggested donation.

Sales definition for state competitive foods regulations

“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 on school premises. Under Connecticut’s competitive foods regulations, foods and beverages are being sold to students when any of the six conditions below applies.

1. Students purchase foods and beverages on school premises.
2. Students exchange purchased coupons, tickets, tokens, and similar items for foods and beverages on school premises.
3. Students are given coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages on school premises.
4. Students bring fundraiser orders and money to school, and pick up fundraiser foods and beverages on school premises to bring home for delivery to customers.
5. Programs or activities charge a fee that includes the cost of foods and beverages provided to students on school premises.
6. Fundraisers on school premises give foods and beverages to students in exchange for a suggested donation.



What constitutes sales to students

This section summarizes how the federal and state requirements for competitive foods apply to the six conditions that constitute selling foods and beverages to students in private schools and RCCIs.

- 1. Students purchase foods and beverages on school premises.** For example, students buy snacks in the cafeteria or beverages from a vending machine or school store.
 - Smart Snacks applies to all foods and beverages available for purchase by students (separately from reimbursable meals) on school campus during the school day.
 - The state competitive foods regulations apply to all foods and beverages available for purchase by students (as part of and separately from reimbursable meals) on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
- 2. Students purchase coupons, tickets, tokens, or similar items that can be exchanged for foods and beverages on school premises.** For example, students purchase tickets on Monday that can be exchanged for cookies on Friday, or students purchase coupons that can be exchanged for foods and beverages in the school store. For more information, see [“Coupons, tickets, and tokens”](#) in this section.
 - Smart Snacks applies to all coupons and similar items that are purchased by students or exchanged by students for foods and beverages (separately from reimbursable meals) on school campus during the school day.
 - The state competitive foods regulations apply to all coupons and similar items that are purchased and exchanged by students for foods and beverages (as part of and separately from reimbursable meals) on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.



3. **Students are given coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages, such as coupons for food rewards.** For example, teachers reward students with coupons that can be exchanged for ice cream in the cafeteria. For more information, see [“Coupons, tickets, and tokens,”](#) [“Giving Foods and Beverages to Students,”](#) [“Food Rewards,”](#) and [“Celebrations”](#) in this section.
 - Smart Snacks does not apply to coupons and similar items students can exchanged for foods and beverages, when they are given to students.
 - The state competitive foods regulations applies to all coupons and similar items that are given to students and can be exchanged by students for foods and beverages (as part of and separately from reimbursable meals) on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day

4. **Students bring fundraiser orders and money to school, and pick up fundraiser foods and beverages on school premises to bring home for delivery to customers.** For example, students take orders off school premises for frozen cookie dough, frozen pies, and bags of gourmet coffee; and bring the orders and money to school. When the products arrive at school, students pick up the products at school to bring home for delivery to customers. For more information, see [“Fundraiser catalogs and orders”](#) and [“Timing of distribution and consumption”](#) in this section.
 - Smart Snacks does not apply to foods and beverages ordered by students through a fundraiser unless they are distributed to students, and are intended to be consumed by students, on school campus during the school day. Smart Snacks does not apply to foods and beverages intended for consumption at home.
 - The state competitive foods regulations apply to foods and beverages ordered by students through a fundraiser, and distribution of fundraiser foods and beverages to students, on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day, regardless of when the foods and beverages are intended to be consumed by students.

2 | When the Requirements Apply

5. **Programs or activities charge a fee that includes the cost of foods and beverages provided to students on school premises.** For example, an afterschool program charges a fee that includes the cost of snacks provided to students, or parents send money to school to cover the cost of foods and beverages provided to students at classroom parties. For more information, see “[Afterschool programs and activities](#)” and “[Celebrations](#)” in this section.

- Smart Snacks applies to fee-based programs and activities (excluding classroom parties) that provide foods and beverages to students on school campus during the school day. Smart Snacks does not apply to classroom parties on school premises when students, parents, or teachers supply foods and beverages or provide funds to purchase foods and beverages
- The state competitive foods regulations apply to fee-based programs and activities (including classroom parties) that provide foods and beverages to students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

6. **Fundraisers on school premises give foods and beverages to students in exchange for a suggested donation.** For example, students receive a “free” cookie if they donate money to a charity fundraiser. For more information, “[Suggested donations for foods and beverages](#)” in this section.

- Smart Snacks applies when fundraisers on school campus give foods and beverages to students in exchange for a suggested donation during the school day.
- The state competitive foods regulations apply when fundraisers on school premises give foods and beverages to students in exchange for a suggested donation from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.



Giving Foods and Beverages to Students

“Giving” means that foods and beverages are provided free of any charge, contribution, or suggested donations. Smart Snacks does not apply when foods and beverages are given to students. However, Section 10-215b-1 of the state competitive foods regulations prohibits giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Under the Smart Snacks regulations, foods and beverages are being given to students when all of the following four conditions apply:

- students do not purchase foods and beverages;
- students do not exchange purchased coupons, tickets, tokens, and similar items for foods and beverages;
- programs and activities that charge a fee do not include the cost of foods and beverages provided to students; and
- fundraisers do not give foods and beverages to students in exchange for a suggested donation.

Under Connecticut’s competitive foods regulations, foods and beverages are being given to students when all of the following five conditions apply:

- students do not purchase foods and beverages;
- students do not exchange purchased coupons, tickets, tokens, and similar items for foods and beverages;
- students are not given coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages;
- programs and activities that charge a fee do not include the cost of foods and beverages provided to students; and
- fundraisers do not give foods and beverages to students in exchange for a suggested donation.

For more information, see “[Sales to Students](#),” “[Coupons, tickets, and tokens](#),” and “[Suggested donations for foods and beverages](#)” in this section.

Sales to Adults

Smart Snacks does not apply to foods and beverages sold to adults on school campus, such as school staff, parents, and other adults. Private schools and RCCIs can sell any foods and beverages to adults at any time, either on or off school campus.

However, the state competitive foods regulations apply if students sell foods and beverages to adults off school premises, deliver the fundraiser orders and money to school, and pick up the foods and beverages at school for delivery to customers. An example is a fundraiser catalog that sells candy bars and bags of gourmet coffee. Under the state competitive foods regulations, foods and beverages are being sold to students whenever students exchange money or its equivalent for foods and beverages on school premises. For more information, see [“Fundraiser catalogs and orders”](#) in this section.



Afterschool Programs and Activities

Smart Snacks does not apply to afterschool programs and activities on school campus unless they sell foods and beverages to students before the end of the school day. For example, if school ends at 3:00 p.m., Smart Snacks applies to all foods and beverages sold to students on school campus through 3:30 p.m. This includes fee-based afterschool programs and activities that include the cost of foods and beverages provided to students, and afterschool programs and activities where students can exchange purchased tickets for foods and beverages. For more information, see [“Sales to Students”](#) in this section.

Examples of fee-based afterschool programs include:

- a movie or board game club that provides soda and popcorn;
- enrichment programs, extracurricular classes, tutoring sessions, and clubs (such as art, chess, foreign language, and math) that include a daily snack; and
- cooking classes where students eat the foods they have prepared.

For example, a six-week afterschool tutoring program on school campus charges a registration fee that includes the cost of snacks provided to students during the program. The school day ends at 3:00 p.m. and the tutoring program starts at 3:15 p.m. Smart Snacks applies to snacks provided to students by the tutoring program from 3:15 p.m. to 3:30 p.m. (during the school day), but does not apply to snacks provided to students by the tutoring program from 3:31 p.m. through 11:59 p.m. (after the school day).

State requirements for afterschool programs and activities

If any CNPs are operating, afterschool programs and activities that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based programs and activities that include the cost of foods and beverages provided to students, and afterschool programs and activities where students can exchange tickets for foods and beverages (including tickets that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits afterschool programs and activities from selling or giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., afterschool programs and activities cannot sell or give candy, coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from fees charged to cover the cost of foods and beverages provided to students in afterschool programs and activities, and the income from sales of tickets that students can exchange for foods and beverages in afterschool programs and activities. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the afterschool program's income from all foods and beverages sold to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.



Afterschool Snack Program (ASP)

The ASP operates under the NSLP. RCCIs may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation.

Snacks served in the ASP must meet the USDA's ASP meal pattern. For information on the ASP meal pattern requirements, visit the "[Documents/Forms](#)" section of the CSDE's [Afterschool Snack Program](#) webpage.

Smart Snacks does not apply to the ASP unless it operates before the end of the school day or sells additional foods and beverages to students separately from reimbursable snacks during the school day. For example, if school ends at 3:00 p.m., Smart Snacks applies to reimbursable ASP snacks served between 3:00 p.m. to 3:30 p.m. (during the school day), but does not apply to reimbursable ASP snacks served after 3:30 p.m. (after the school day).

State requirements for the ASP

The ASP must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of the ASP. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., candy, coffee, tea, and soft drinks cannot be sold or given to students anywhere on school premises from 3:00 p.m. to 5:00 p.m., either from the ASP or any other sources on school premises during this time.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Income from the ASP already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all other sales of foods and beverages to students on school premises during this time. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.

For more information, see "[State Competitive Foods Regulations](#)" in section 1.

Celebrations

Smart Snacks applies to celebrations (such as classroom parties) on school campus only when students purchase foods and beverages. Smart Snacks does not apply to celebrations on school campus when students, parents, or teachers supply foods and beverages or provide funds to purchase foods and beverages; or when students are given coupons, tickets, tokens, or similar items that can be exchanged for foods and beverages. For example, Smart Snacks does not apply when:

- a parent organization collects money from families to pay for foods and beverages provided at classroom parties throughout the year; or
- a teacher collects a fee from students several days prior to a classroom party, and the fee includes the cost of foods and beverages provided to students at the party.



The CSDE strongly encourages private schools and RCCIs to offer healthy choices at school celebrations. For more information, see the CSDE’s handout, [Healthy Celebrations](#).

State requirements for celebrations

If any CNPs are operating, celebrations (including classroom parties) on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based celebrations that include the cost of foods and beverages provided to students, and celebrations where students are given or sold tickets or coupons that can be exchanged for foods and beverages. For more information, see “[Sales to Students](#)” in this section.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits celebrations on school premises from selling or giving candy, coffee, tea, and soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., a celebration on school premises cannot sell or give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from fees charged to cover the cost of foods and beverages

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provided to students at celebrations, and the income from sales of tickets that students can exchange for foods and beverages at celebrations. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the celebration's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

The LEA's school wellness policy may have other local requirements that address foods and beverages provided to students at celebrations on school premises. For more information, see “[USDA School Wellness Policy](#)” in section 1.

Classes and Educational Programs

Smart Snacks applies to all foods and beverages sold to students from classes and educational programs (such as family and consumer sciences classes, culinary programs, and similar classes) on school campus during the school day. This includes fee-based classes that include the cost of foods and beverages provided to students, and classes where students can exchange purchased tickets for foods and beverages. For more information, see “[Sales to Students](#)” in this section.



Smart Snacks does not apply to the educational curricula for culinary programs, family and consumer sciences classes, and similar classes. For more information, see the CSDE's [Operational Memorandum No. 31-14: Federal and State Requirements for Culinary Education Programs \(Smart Snacks versus Connecticut Nutrition Standards\)](#).

State requirements for classes and educational programs

If any CNPs are operating, classes and educational programs must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based classes that include the cost of foods and beverages provided to students, and classes where students can exchange tickets for foods and beverages (including tickets that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits classes and educational programs from selling and giving candy, coffee, tea, or soft drinks to

students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

- **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., classes cannot sell or give candy to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., classes cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., classes cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages in classes and educational programs, and the income from fees charged

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to cover the cost of foods and beverages provided to students in classes and educational programs. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the class's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages sold to students from the class must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Compliant Foods and Beverages

Compliant foods and beverages are those that comply with the Smart Snacks nutrition standards. The CSDE’s [List of Acceptable Foods and Beverages](#) webpage identifies commercial food and beverage products that comply with Smart Snacks. Fundraiser coordinators may also use the Alliance for a Healthier Generation’s [Smart Snacks Product Calculator](#) to assess product compliance with Smart Snacks.

For foods made from scratch, private schools and RCCIs must conduct a nutrient analysis to determine if recipes comply with Smart Snacks. Each recipe’s nutrition information per serving must be compared with the nutrition standards for the appropriate Smart Snacks food category. Documentation of a recipe’s Smart Snacks compliance must be completed before the food is sold to students. For more information, see “[Identifying allowable foods and beverages](#)” in section 1.

Compliant foods and beverages may be sold as fundraisers at any time on school premises. For example, a fundraiser held during the school day could sell muffins and cookies listed on the CSDE’s [List of Acceptable Foods and Beverages](#) webpage, because these foods comply with the Smart Snacks. However, if the sales occur while any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions. For more information, see “State requirements for compliant foods” below).



State requirements for compliant foods and beverages

If any CNPs are operating, compliant foods and beverages must comply with Section 10-215b-23 of the state competitive foods regulations. This includes fee-based programs and activities that include the cost of foods and beverages provided to students; programs and activities where students can exchange tickets for beverages (including tickets that are sold or given to students); student orders for foods and beverages; distribution of foods and beverages to students; and fundraisers that offer foods and beverages to students in exchange for a suggested donation. These requirements apply regardless of when students will receive or consume the foods and beverages.

Note: Section 10-215b-1 of the state competitive foods regulations does not apply to compliant foods because this regulation addresses only candy, coffee, tea, and soft drinks; these are noncompliant foods and beverages.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages; the income from program fees charged to cover the cost of compliant foods and beverages provided to students; the income from student orders for foods and beverages; and the income from student donations in exchange for foods and beverages. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all compliant foods and beverages sold to students from 6:30 a.m. to 8:30 a.m., and 11:00 a.m. to 1:30 p.m.

Concession Stands

Smart Snacks applies to all foods and beverages available for sale to students from concession stands on school campus during the school day, such as concession stands at sports competitions, concerts, and theatrical productions. This includes concession stands on school campus where students can exchange purchased tickets for foods and beverages during the school day. For more information, see “[Sales to Students](#)” in this section.



State requirements for concession stands

If any CNPs are operating, concession stands on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes

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concession stands where students can exchange tickets for foods and beverages (including tickets that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits classes and educational programs from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., concession stands cannot sell or give candy to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., concession stands cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., concession stands cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods

and beverages at concession stands. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the concession stand's income from all foods and beverages sold to students anywhere on school premises 3:00 p.m. to 5:00 p.m.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Food Rewards

Smart Snacks does not apply to apply to foods and beverages given to students as rewards for good behavior or performance when they are provided free of any charge or contribution. In addition, Smart Snacks does not apply to apply to coupons, tickets, tokens, and similar items that are given to students and can be exchanged for foods and beverages on school campus. For example, if a classroom teacher gives students a reward coupon that can be exchanged for pizza and ice cream, these foods are not required to comply with Smart Snacks. For more information, see “[Giving Foods and Beverages to Students](#)” in this section.

The CSDE strongly discourages the use of foods and beverages to reward students for academic performance or good behavior. Food rewards have many negative consequences that go far beyond the short-term benefits of achieving good student behavior or performance. Districts are encouraged to develop healthy nonfood alternatives. The CSDE's handout, *Alternatives to Food Rewards*, provides suggestions for rewards that do not involve foods and beverages.

State requirements for food rewards

If any CNPs are operating, foods and beverages given to students as rewards on school premises must comply with Section 10-215b-1 of the state competitive foods regulations. This includes rewards where students exchange tickets for foods and beverages. Under Connecticut's competitive foods regulations, giving students coupons or similar items that can be exchanged for foods and beverages is the same as selling foods and beverages to students, regardless of when or where students can exchange them. Section 10-215b-23 of the state competitive foods regulations does not apply because food rewards do not generate income.



- **Section 10-215b-1 of the state competitive foods regulations** prohibits schools from selling or giving candy, coffee, tea, and soft drinks to students anywhere on school premises while any CNPs are operating. This includes coupons, tickets, tokens, and similar items that students can exchange for candy, coffee, tea, and soft drinks. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates

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from 11:30 a.m. to 1:00 p.m., school staff cannot give candy, coffee, tea, and soft drinks as rewards to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. In addition, school staff cannot give students coupons that can be exchanged for these items during these times; and students cannot exchange coupons for these items during these times. For more information, see “[Coupons, tickets, and tokens](#)” in this section.

Note: The state competitive foods regulations do not apply when a student’s Individualized Education Plan (IEP) requires food rewards.

The LEA’s school wellness policy may have other local requirements that address food rewards. For more information, see “[USDA School Wellness Policy](#)” in section 1.

Foods and Beverages Brought from Home

Smart Snacks does not apply to foods and beverages that students bring from home for their own consumption, or to share with other students free of any charge or contribution, including money and items that can be exchanged for foods and beverages (such as coupons, tickets, and tokens). Examples include bag lunches and foods brought from home for a classroom party. Examples include bag lunches and foods brought from home for a classroom party.

However, if any CNPs are operating, Section 10-215b-1 of the state competitive foods regulations requires additional restrictions for certain foods and beverages brought from home. Section 10-215b-1 prohibits candy, coffee, tea, and soft drinks from being given to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes candy, coffee, tea, and soft drinks brought from home. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., students cannot give other students candy, coffee, tea, and soft drinks on school premises from 11:00 a.m. to 1:30 p.m. For more information, see “[Section 10-215b-1: Candy](#)” and “[Section 10-215b-1: Coffee, tea, and soft drinks](#)” in section 1.



The LEA’s school wellness policy may have additional local restrictions for foods and beverages brought from home. For more information, see “[USDA School Wellness Policy](#)” in section 1.

Fundraisers

“Fundraisers” are any activities during which money is exchanged for the purchase of a product in support of the school or school-related activities. This includes the purchase of coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages; and any fundraising activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result. For more information, see “[Sales to Students](#)” in this section.



Fundraisers include activities conducted by school-related organizations (such as student clubs, sports teams, and music programs) and outside organizations that are not affiliated with the school (such as scouting programs and other youth-based community organizations). Fundraisers include sales of commercial products such as potato chips, candy bars, frozen cookie dough, muffin mix, and gourmet coffee. They also include sales of foods and beverages made from scratch such, as baked goods, popcorn, sandwiches, and fruit smoothies.

Smart Snacks applies to all fundraisers selling foods and beverages to students on school campus during the school day. Smart Snacks also applies to preordered foods and beverages purchased through fundraisers if they are distributed to students, and are intended to be consumed by students, on school campus during the school day. An example is a school club that sells tickets on Monday that students can exchange for foods and beverages on school campus during the school day on Friday. This fundraiser would not be allowed unless the foods and beverages comply with Smart Snacks.

State requirements for fundraisers

If any CNPs are operating, fundraisers on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes student orders for foods and beverages; distribution of foods and beverages to students; fundraisers where students can exchange coupons, tickets, tokens, and similar items for foods and beverages (including coupons and similar items that are sold or given to students); and fundraisers that give foods and beverages to students in exchange for a suggested donation. These requirements apply regardless of when students will receive or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraisers from selling and giving candy, coffee, tea, or soft drinks to students anywhere on

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school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

- **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., fundraisers cannot sell or give candy to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., fundraisers cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., fundraisers cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the fundraiser’s income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from student orders for foods and beverages; the income from sales of tickets that students can exchange for foods and beverages at fundraisers; and the income from student donations in exchange for foods and beverages. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must

receive the fundraiser’s income from all foods and beverages sold to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages sold to students from the fundraiser must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

The LEA’s school wellness policy may have additional local restrictions for food and beverage fundraisers. For more information, see “[USDA School Wellness Policy](#)” in section 1.

Guidance for Different Types of Fundraisers

This section provides guidance on complying with the requirements for different types of fundraisers in private schools and RCCIs. It summarizes when Smart Snacks and the state competitive foods regulations apply to the following fundraisers:

- bake sales;
- candy;
- coupons, tickets, and tokens;
- fundraiser catalogs and orders;
- fundraisers held off school premises;
- gift cards and entertainment books;
- gum;
- nonfood fundraisers;
- suggested donations for foods and beverages; and
- timing of distribution and consumption.

The CSDE’s handout, [Requirements for Food and Beverage Fundraisers in Private Schools and Residential Child Care Institutions](#), summarizes the requirements for fundraisers in private schools and RCCIs.

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Bake sales

Smart Snacks applies to all foods and beverages sold to students from bake sales on school campus during the school day. This includes bake sales where students can exchange purchased tickets for foods and beverages. For more information, see [“Sales to Students”](#) in this section.



Smart Snacks does not apply when bake sales sell foods and beverages only to adults (such as teachers, staff, and parents), or are held off school premises. For more information, see [“Sales to Adults”](#) and [“Fundraisers held off school premises”](#) in this section.

State requirements for bake sales

If any CNPs are operating, bake sales on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes bake sales where students can exchange tickets for foods and beverages (including tickets or coupons that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits bake sales from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., bake sales cannot sell or give candy to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., bake sales cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.

- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., bake sales cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages at bake sales. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the bake sale’s income from all foods and beverages sold to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages sold to students from the bake sale must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.



Candy

Smart Snacks prohibits sales of candy (regular and sugar-free) to students during the school day. This includes fee-based programs and activities that include the cost of candy provided to students; programs and activities where students can exchange purchased tickets for candy; student orders for candy that is intended for consumption by students during the school day; distribution of candy to students that is intended for consumption by students during the school day; and fundraisers that offer candy to students in exchange for a suggested donation. For more information, see [“Sales to Students”](#) and [“Timing of distribution and consumption”](#) in this section.

Examples of candy include all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies, and jelly beans), and breath mints.



The LEA’s school wellness policy may have other local requirements for selling and giving candy to students on school premises. For more information, see [“USDA School Wellness Policy”](#) in section 1.

State requirements for candy

If any CNPs are operating, candy on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based programs and activities that include the cost of candy provided to students; programs and activities where students can exchange tickets for candy (including tickets that are sold or given to students); student orders for candy; distribution of candy to students; and fundraisers that offer candy to students in exchange for a suggested donation. These requirements apply regardless of when students will receive or consume the candy.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., candy cannot be sold or given to students

anywhere on school premises from 3:00 p.m. to 5:00 p.m. For more information, see “[Section 10-215b-1: Candy](#)” in section 1.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods (including candy) and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for candy; the income from program fees charged to cover the cost of candy provided to students; the income from student orders for candy; and the income from student donations in exchange for candy. For example, if the At-risk Afterschool Meals program operates from 4:30 p.m. to 6:00 p.m., the nonprofit food service account must receive the fundraiser’s income from all candy sold to students anywhere on school premises from 4:00 p.m. to 6:30 p.m.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

If CNPs are not operating, candy could be sold or given to students after the school day. For example, if school ends at 3:00 p.m., candy could be sold or given to students from 3:31 p.m. to 11:59 p.m. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating candy on school premises. For more information, see the CSDE’s handouts, *Healthy Fundraising*, *Healthy Celebrations*, and *Alternatives to Food Rewards*.

Coupons, tickets, and tokens

Smart Snacks applies when students purchase coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages on school campus during the school day. For example, if a student club sells tickets that students can exchange for ice cream on school campus during the school day, the ice cream must comply with Smart Snacks.

For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.



Smart Snacks does not apply when coupons or similar items that can be exchanged for foods and beverages:

- are given to students on school premises free of any charge or contribution;

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- are purchased by students on school premises but can only be exchanged for beverages that are not intended to be consumed on school premises during the school day; or
- are purchased by students on school premises but can only be exchanged for beverages off school campus.

For more information, see [“Giving Foods and Beverages to Students”](#) in this section.

State requirements for coupons, tickets, and tokens

If any CNPs are operating, coupons and similar items that can be exchanged for foods and beverages must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes coupons and similar items that are purchased by students, given to students (such as coupons for food rewards), or exchanged by students on school premises. These requirements apply regardless of when students will receive or consume the foods and beverages. For more information, see [“Sales to Students,”](#) [“Giving Foods and Beverages to Students,”](#) and [“Food Rewards”](#) in this section.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling coupons and similar items that students can exchange for candy on school premises during the school day. In addition, Section 10-215b-1 prohibits coupons and similar items that can be exchanged for candy from being sold or given to students, or exchanged by students, on school premises while any CNPs are operating, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., fundraisers cannot sell candy coupons to students, and students cannot exchange coupons for candy, anywhere on school premises from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coupons and similar items that students can exchange for coffee, tea, and soft drinks on school premises during the school day. In addition, Section 10-215b-1 prohibits coupons and similar items that can be exchanged for coffee, tea, and soft drinks from being sold or given to students, or exchanged by students, on school premises while any CNPs are operating, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., coupons for coffee, tea, and soft drinks cannot be sold to

students, given to students, or exchanged by students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students during the school day if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., coupons for coffee, tea, and soft drinks cannot be sold to students, given to students, or exchanged by students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of coupons and similar items that can be exchanged for foods and beverages. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all food and beverage coupons sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages that students can obtain by exchanging the coupons must comply with Smart Snacks. Smart Snacks prohibits sales of coupons for noncompliant foods and beverages that students will consume on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1 and “[Timing of distribution and consumption](#)” in this section.

Fundraiser catalogs and orders

Smart Snacks does not apply to foods and beverages sold off school campus through fundraising catalogs, fliers, and similar promotions. Foods and beverages purchased through a fundraiser may be delivered on the school campus during the school day if the foods and beverages being sold comply with Smart Snacks, or are not intended to be consumed by students on school campus during the school day. However, the USDA encourages organizations to deliver the food items at a time when parents and caregivers are more likely to be present to collect them, for example, during specific drop-off or pick-up times.

State requirements for fundraiser catalogs and orders

If any CNPs are operating, fundraiser catalogs and orders must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes student orders for foods and beverages and distribution of foods and beverages to students on school premises. These requirements apply regardless of when students will receive or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraiser orders (selling) and distribution of candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., students cannot order candy, coffee, tea, and soft drinks from a fundraiser on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. In addition, the fundraiser cannot distribute orders of these items to students anywhere on school premises during these times.

Note: Students can bring fundraiser catalogs home and sell foods and beverages to anyone off school campus. However, if students deliver the fundraiser orders and money to school, and pick up the foods and beverages at school, the fundraiser is selling foods and beverages to students on school premises. Students cannot order and receive distribution of candy, coffee, tea, and soft drinks on school campus unless they are not intended for consumption by students on school campus during the school day; and CNPs are not operating. Examples include boxes of candy bars, bags of coffee, and tea bags.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the fundraiser's income from all student orders for foods and beverages anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the

NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the fundraiser’s income from all student orders for foods and beverages anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages ordered by and distributed to students must comply with Smart Snacks, if the foods and beverages are intended to be consumed by students on school campus during the school day. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Fundraisers held off school premises

Smart Snacks does not apply to fundraising activities that take place off school campus, such as bake sales at a supermarket or candy bar sales at a town community center. However, the state competitive foods regulations apply if students sell foods and beverages off school premises, deliver fundraiser orders and money to school, and pick up the foods and beverages at school for delivery to customers. Under Connecticut’s competitive foods regulations, students exchanging money (orders) for foods and beverages on school premises is the same as selling foods and beverages to students. For more information, see “[Sales to Students](#)” and “[Fundraiser catalogs and orders](#)” in this section.

Gift cards and entertainment books

Smart Snacks applies when students purchase gift cards or similar items that can be exchanged for foods and beverages on school campus during the school day. However, Smart Snacks does not apply when gift cards or similar items:

- are given to students on school premises, free of any charge or contribution;
- are purchased by students on school premises but can only be exchanged for beverages that are not intended to be consumed by students on school premises during the school day; or
- are purchased by students on school premises but can only be exchanged for beverages off school campus. Examples include gift cards that can be exchanged at businesses selling foods and beverages, e.g., restaurants, convenience stores, fast food chains, and local dining establishments. For more information, see “[Giving Foods and Beverages to Students](#)” in this section.



State requirements for gift cards and entertainment books

If any CNPs are operating, fundraisers of gift cards and entertainment books must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. For more information, see [“Sales to Students,”](#) [“Giving Foods and Beverages to Students,”](#) and [“Food Rewards,”](#) in this section.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits gift cards and entertainment books that can be exchanged for candy, coffee, tea, and soft drinks from being sold or given to students, or exchanged by students, on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., gift cards for candy, coffee, tea, and soft drinks cannot be sold or distributed to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. In addition, students cannot exchange them during these times.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of food and beverage gift cards and similar items. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all sales of food and beverage gift cards to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

The state competitive foods regulations apply to all gift cards and similar items that can be exchanged for foods and beverages, and are sold to students while any CNPS are operating. This includes gift cards and similar items that can be exchanged for foods and beverages on school premises; and gift cards and similar items that can be exchanged off school premises at businesses selling foods and beverages (e.g., restaurants, convenience stores, fast food chains, and local dining establishments), excluding gift cards that can be exchanged only at supermarkets.

Under Connecticut’s competitive foods regulations, selling gift cards and similar items (that can be exchanged for foods and beverages) to students on school premises is the same as selling foods and beverages to students, regardless of where or when students can exchange them. This includes gift cards and similar items that are given to students free of any charge. For more information, see [“Sales to Students,”](#) [“Fundraiser catalogs and orders,”](#) and [“Timing of distribution and consumption”](#) in this section.

However, the state competitive foods regulations do not apply to gift cards that can be exchanged only at supermarkets. Students may purchase supermarket gift cards on school premise, or bring the orders and money for the gift cards to school and take the gift cards home. Supermarkets are intended to provide basic foods that feed families, versus the wide array of unhealthy choices at convenience stores, fast food chains, local dining establishments, and other similar establishments. The CSDE strongly encourages districts to provide guidance to families on exchanging gift cards for healthy choices, such as nutrient-rich fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs and beans.

For more information, see [“State Competitive Foods Regulations”](#) in section 1 and [“Timing of distribution and consumption”](#) in this section.

Gum

The [Federal Food, Drug, and Cosmetic Act](#) defines gum as a food. Regular chewing gum does not comply with Smart Snacks and cannot be sold to students on school campus during the school day. Sugar-free chewing gum is exempt from Smart Snacks and may be sold to students on school campus at any time.



State requirements for gum

If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires additional restrictions. This includes fee-based programs and activities that include the cost of gum provided to students; activities where students can exchange tickets for gum (including tickets that are sold or given to students); student orders for gum; distribution of gum to students; and fundraisers that offer gum to students in exchange for a suggested donation. **Note:** Section 10-215b-1 of the state competitive foods regulations does not apply to gum because this regulation addresses only candy, coffee, tea, and soft drinks.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods (including regular and sugar-free gum) and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for gum; the income from program fees charged to cover the cost of gum provided to students; the income from student orders for gum; and the income from student donations in exchange for gum. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all gum

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sold to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, only sugar-free gum could be sold to students because regular gum does not comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods (including regular gum) and beverages to students on school campus during the school day. For more information, see “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

The LEA’s school wellness policy may have other local requirements for selling and giving gum to students on school premises. For more information, see “[USDA School Wellness Policy](#)” in section 1.

Nonfood fundraisers

The federal and state requirements for competitive foods do not apply to fundraisers selling nonfood items. Any requirements for sales of nonfood items to students are locally determined by the LEA. The CSDE strongly encourages schools to promote consistent health messages to students by conducting nonfood fundraisers. The CSDE’s handout, *Healthy Fundraising*, provides suggestions for fundraising with nonfood items and activities.

Suggested donations for foods and beverages

Smart Snacks applies when fundraisers on school campus during the school day offer foods and beverages to students in exchange for a suggestion donation. Suggesting a student donation in exchange for foods and beverages is the same as selling foods and beverages to students. An example is a fundraiser that offers students a “free” cookie for a donation to a charity, school organization, or similar entity. For more information, see “[Sales to Students](#)” in this section.



State requirements for suggested donations for foods and beverages

If any CNPs are operating, fundraisers on school premises that offer foods and beverages to students in exchange for a suggested donation must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraisers from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes fundraisers on school premises that offer candy, coffee, tea, or soft drinks to students in exchange for a suggested donation.
 - **Candy:** Smart Snacks already prohibits giving candy to students in exchange for a suggested donation on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 p.m. to 4:30 p.m., fundraisers cannot give candy to students in exchange for a suggested donation anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 p.m. to 4:30 p.m., fundraisers cannot give coffee, tea, and soft drinks to students in exchange for a suggested donation anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 p.m. to 4:30 p.m., fundraisers cannot give

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coffee, tea, and soft drinks to students in exchange for a suggested donation anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the fundraiser's income from all student donations (sales) in exchange for foods and beverages from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the fundraiser's income from all student donations in exchange for foods and beverages from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all fundraiser foods and beverages given to students in exchange for a suggested donation must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see [“Identifying allowable foods and beverages,”](#) [“Compliant Foods and Beverages”](#) and [“Noncompliant Foods and Beverages”](#) in this section.

Timing of distribution and consumption

Some fundraisers are distributed or consumed at a different time from when they are purchased. For example, students order and pay for foods and beverages in advance, and receive the products at a future date.

Smart Snacks applies to fundraiser orders if the foods and beverages are distributed to students, and are intended to be consumed by students, on school campus during the school day. Smart Snacks does not apply to foods and beverages intended for consumption at home. Examples include products distributed on school premises in a precooked state, such as frozen cookie dough, frozen pies, and frozen pizza; and products distributed on school premises in bulk quantities (multiple servings per package), such as boxes or bags of candy bars, Girl Scout cookies, popcorn, tea bags, hot chocolate packets, and gourmet coffee. However, the USDA encourages organizations to deliver foods at a time when parents are more likely to be present to collect them, for example, during specific drop-off or pick-up times.

The scenarios below illustrate how Smart Snacks applies to the timing of distribution and consumption of fundraiser foods and beverages.

- A school organization cannot take orders from students for holiday “candygrams” that will be distributed to and consumed by students on school campus during the school

day. Smart Snacks prohibits fundraisers from distributing noncompliant foods to students when they are intended for consumption by students on school campus during the school day.

- Students can order and receive distribution of bags of coffee from a fundraiser catalog on school campus during the school day. Smart Snacks allows fundraisers to distribute noncompliant beverages when they are not intended for consumption by students on school campus during the school day.
- A fundraiser can distribute noncompliant frozen cookie dough to students on school campus during the school day. Smart Snacks allows fundraisers to distribute noncompliant foods when they are not intended for consumption by students on school campus during the school day.

For more information, see [“Fundraiser catalogs and orders”](#) and [“Coupons, tickets, and tokens”](#) in this section.

State requirements for timing of distribution and consumption

If any CNPs are operating, fundraisers where foods and beverages are ordered by and distributed to students on school premises must comply with C.G.S. Section 10-221p and Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. These requirements apply regardless of when students will receive or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraiser orders and distribution of candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day, when it will be consumed by students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day, regardless of when students will receive or consume it. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., students cannot order candy from fundraisers on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m. In addition, fundraisers cannot distribute orders of candy to students anywhere on school premises during these times.

- **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day when they will be consumed by students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day, regardless of when students will receive or consume these beverages. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., students cannot order coffee, tea, and soft drinks from fundraisers on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m. In addition, fundraisers cannot distribute orders of coffee, tea, and soft drinks to students anywhere on school premises during these times.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., students cannot order coffee, tea, and soft drinks from fundraisers on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m. In addition, fundraisers cannot distribute orders of coffee, tea, and soft drinks to students anywhere on school premises during these times.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from student orders for foods and beverages; the income from sales of tickets that students can exchange for foods and beverages; and the income from student donations in exchange for foods and beverages. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the fundraiser’s income from all student orders for foods and beverages anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. For more information, see “[Section 10-215b-23: Accrual of income](#)” in section 1.

Note: In this example, all foods and beverages sold to students from the fundraiser must comply with Smart Snacks, if the foods and beverages are intended to be consumed by students on school campus during the school day. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[Coupons, tickets, and tokens](#)” and “[Fundraiser catalogs and orders](#)” in this section, and “[State Competitive Foods Regulations](#)” in section 1.

Fundraiser resources

The resources below provide additional information on the fundraiser requirements for private schools and RCCIs.

- CSDE Operational Memorandum No. 11-15: Implementation of Smart Snacks in School: State Agency Fundraiser Elections and Exemptions:
<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2015/OM11-15.pdf>
- CSDE Operational Memorandum No. 30-14: Smart Snacks Nutrition Standards and Exempt Fundraisers:
<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM30-14.pdf>
- Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School:
<https://fns-prod.azureedge.net/sites/default/files/cn/fundraisersfactsheet.pdf>
- Healthy Fundraising:
<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/HealthyFundraising.pdf>
- Requirements for Food and Beverage Fundraisers in Private Schools and RCCIs:
<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FundraisersPrivate.pdf>



Interschool Agreements

When a school district or school provides another district or school with reimbursable meals or snacks through the CNPs, the providing sponsor and recipient school must enter into an interschool agreement.

- A “providing sponsor” is a district or school that sells USDA meals or snacks to another district or school, and maintains its own Agreement for Child Nutrition Programs (ED-099) with the CSDE to operate the CNPs.
- A “recipient school” is a district or school that receives USDA meals or snacks from a providing sponsor. It does not maintain its own Agreement for Child Nutrition Programs (ED-099) with the CSDE to operate the CNPs.

For information on interschool agreements, visit the “[Interschool Agreements](#)” section of the CSDE’s “[Forms for School Nutrition Programs](#)” webpage.

Smart Snacks applies to all foods and beverages sold to students separately from reimbursable meals in recipient schools during the school day. This includes fee-based programs and activities that include the cost of foods and beverages provided to students; programs and activities where students can exchange purchased tickets for noncompliant foods and beverages; student orders for foods and beverages that will be consumed on school premises during the school day; distribution of foods and beverages that will be consumed by students on school premises during the school day; and fundraisers that offer foods and beverages to students in exchange for a suggested donation.. For more information, see “[Sales to Students](#)” in this section.

State requirements for schools with interschool agreements

If any CNPs are operating, recipient schools that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based programs and activities that include the cost of foods and beverages provided to students; programs and activities where students can exchange tickets for beverages (including tickets that are sold or given to students); student orders for foods and beverages; distribution of foods and beverages to students; and fundraisers that offer foods and beverages to students in exchange for a suggested donation. These requirements apply regardless of when students will receive or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits recipient schools from selling and giving candy, coffee, tea, or soft drinks to students anywhere

on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

- **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., recipient schools cannot sell or give candy to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., recipient schools cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., recipient schools cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages; the income from program fees charged to cover the cost of foods and beverages provided to students; the income from student orders for foods and

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beverages; and the income from student donations in exchange for foods and beverages. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages sold to students must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see [“Identifying allowable foods and beverages,”](#) [“Compliant Foods and Beverages”](#) and [“Noncompliant Foods and Beverages”](#) in this section.

For more information, see [“State Competitive Foods Regulations”](#) in section 1.

Meetings

Smart Snacks applies to all foods and beverages sold to students at meetings on school campus during the school day. This includes fee-based meetings that include the cost of foods and beverages provided to students, and meetings where students can exchange purchased tickets for foods and beverages. For example, if a meeting on school campus charges a fee that includes the cost of lunch provided to students, these foods and beverages must comply with Smart Snacks. For more information, see [“Sales to Students”](#) in this section.

State requirements for meetings

If any CNPs are operating, meetings that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based meetings that include the cost of foods and beverages provided to students, and meetings where students can exchange tickets for foods and beverages (including tickets that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits meetings from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m.,

meetings cannot sell or give candy to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.

- **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., meetings cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., meetings cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages at meetings, and the income from fees charged to cover the cost of foods and beverages provided to students at meetings. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the meeting’s income from all foods and beverages sold to students from 3:00 p.m. to 5:00 p.m.

Note: In this example, Smart Snacks applies only if the meeting sells foods and beverages to students during the school day. For example, if school ends at 3:00 p.m., Smart Snacks applies to all foods and beverages sold to students at the meeting between 3:00 p.m. to 3:30 p.m. (during the school day), but does not apply if the foods and beverages are sold to students after 3:30 p.m. (after the school day).

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Noncompliant Foods and Beverages

Noncompliant foods and beverages are those that do not comply with the Smart Snacks nutrition standards. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. This includes fee-based programs and activities that include the cost of noncompliant foods and beverages provided to students; programs and activities where students can exchange purchased tickets for noncompliant foods and beverages; student orders for noncompliant foods and beverages that will be consumed on school premises during the school day; distribution of noncompliant foods and beverages that will be consumed by students on school premises during the school day; and fundraisers that offer noncompliant foods and beverages to students in exchange for a suggested donation.

State requirements for noncompliant foods and beverages

If any CNPs are operating, noncompliant foods and beverages on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based programs and activities that include the cost of noncompliant foods and beverages provided to students; programs and activities where students can exchange tickets for noncompliant foods and beverages (including tickets that are sold or given to students); student orders for noncompliant foods and beverages; distribution of noncompliant foods and beverages to students; and fundraisers that offer noncompliant foods and beverages to students in exchange for a suggested donation. These requirements apply regardless of when students will receive or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., candy cannot be sold or given to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary

and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., coffee, tea, and soft drinks cannot be sold or given to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.

- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., coffee, tea, and soft drinks to students cannot be sold or given to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for noncompliant foods and beverages; the income from program fees charged to cover the cost of noncompliant foods and beverages provided to students; the income from student orders for noncompliant foods and beverages; and the income from student donations in exchange for noncompliant foods and beverages. For example, if the At-risk Afterschool Meals program operates from 4:30 p.m. to 6:00 p.m., and a concession stand sells foods and beverages to students at a sports competition on school premises during this time, the nonprofit food service account must receive the income from all foods and beverages sold to students from 11:00 a.m. to 1:30 p.m. and 4:00 p.m. to 6:30 p.m.

Note: In this example, Smart Snacks does not apply because the sales occur after the school day. For example, if school ends at 3:00 p.m., Smart Snacks applies to all foods and beverages sold to students on school campus between 3:00 p.m. to 3:30 p.m. (during the school day), but does not apply to the foods and beverages sold to students after 3:30 p.m. (after the school day).

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For more information, see “[State Competitive Foods Regulations](#)” in section 1.

The LEA’s school wellness policy may have additional local restrictions for food and beverage fundraisers. For more information, see “[USDA School Wellness Policy](#)” in section 1.

School Cafeterias

Many school cafeterias offer a la carte sales of foods and beverages in addition to reimbursable meals. A la carte sales are foods and beverages that are sold separately from reimbursable meals in the NSLP and SBP, and any other CNPs operating in the cafeteria. Examples of a la carte sales include ice cream, cookies, chips, pretzels, crackers, bagels, muffins, pasta, rice, bottled water, milk, juice, fresh fruit, salads, vegetables, soups, and entrees such as pizza and sandwiches.

Smart Snacks applies to all a la carte foods and beverages sold to students from school cafeterias during the school day. This includes sales of tickets that students can exchange tickets for foods and beverages in the school cafeteria.

State requirements for school cafeterias

School cafeterias must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes tickets that students can exchange for a la carte foods and beverages in the school cafeteria (including tickets that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits school cafeterias from selling and giving candy, coffee, tea, or soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., school cafeterias cannot sell or give candy to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-

215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., school cafeterias cannot sell or give coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., school cafeterias cannot sell or give coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Income from sales of a la carte foods and beverages in the NSLP and SBP already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all other foods and beverages sold to students during this time. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all a la carte foods and beverages sold to students from the school cafeteria must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see [“Compliant Foods and Beverages”](#) and [“Noncompliant Foods and Beverages”](#) in this section, and [“Food exemptions”](#) and [“Beverage exemptions”](#) in section 1.

For more information, see [“State Competitive Foods Regulations”](#) in section 1.

School Stores

Smart Snacks applies to all foods and beverages available for sale to students from school stores, kiosks, and other school-based enterprises on school campus during the school day. This includes school stores where students can exchange purchased coupons, tickets, tokens, and similar items for foods and beverages. For more information, see “[Sales to Students](#)” in this section.

State requirements for school stores

If any CNPs are operating, school stores must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes school stores where students can exchange tickets for foods and beverages (including tickets that are sold or given to students).



- **Section 10-215b-1 of the state competitive foods regulations** prohibits school stores from selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., school stores cannot sell or give candy to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., school stores cannot sell or give coffee, tea,

and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.

- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., school stores cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages in school stores. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m., the NSLP operates from 11:30 a.m. to 1:00 p.m., and the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the school store’s income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m., 11:00 a.m. to 1:30 p.m., and 3:00 p.m. to 5:00 p.m.

Note: In this example, all foods and beverages sold to students from the school store must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),” “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

The CSDE’s handout, *Requirements for Foods and Beverages in School Stores in Private Schools and RCCIs*, summarizes the requirements for school stores in private schools and RCCIs.

Special Milk Program (SMP)

Private schools and RCCIs that participate in the NSLP or SBP may also participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where children do not have access to the USDA's school meal programs. Milk served in the SMP must meet the USDA's requirements. Schools must serve flavored whole milk to age 1, unflavored low-fat (1%) or fat-free milk to ages 2-5, and low-fat (1%) or fat-free milk (unflavored or flavored) to ages 6 and older. For more information, visit the CSDE's [SMP](#) webpage.



Smart Snacks does not apply to schools that participate only in the SMP. Smart Snacks applies only if the school participates in the NSLP or SBP, in addition to the SMP.

State requirements for the SMP

The SMP must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of the SMP. For example, if the SMP operates from 11:30 a.m. to 1:00 p.m., candy, coffee, tea, and soft drinks cannot be sold or given to students anywhere on school premises from 11:00 a.m. to 1:30 p.m., either from the SMP or any other sources on school premises during this time.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of the SMP. For example, if the SMP operates from 11:00 a.m. to 12:00 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 10:30 a.m. to 12:30 p.m. For more information, see "[Section 10-215b-23: Accrual of income](#)" in section 1.

Note: In this example, all foods and beverages sold to students must comply with Smart Snacks if the school also participates in the NSLP or SBP. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus in NSLP and SBP schools during the school day. For more information, see "[Identifying allowable foods and beverages](#)," "[Compliant Foods and Beverages](#)" and "[Noncompliant Foods and Beverages](#)" in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Sports Competitions

Smart Snacks applies to all foods and beverages available for sale to students at sports competitions (such as games, matches, and tournaments) on school campus during the school day. This includes sports competitions where students can exchange purchased tickets for foods and beverages. For example, if school ends at 3:00 p.m., Smart Snacks applies to all foods and beverages sold to students at sports competitions on school campus between 3:00 p.m. to 3:30 p.m. (during the school day), but does not apply if the foods and beverages are sold to students after 3:30 p.m. (after the school day). For more information, see “[Sales to Students](#)” in this section.

State requirements for sports competitions

If any CNPs are operating, sports competitions on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes sports competitions where students can exchange tickets for foods and beverages (including tickets that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits sports competitions from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., sports competitions on school premises cannot sell or give candy to students from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., sports competitions on school premises cannot sell or give coffee, tea, and soft drinks to students from 3:00 p.m. to 5:00 p.m.

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- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., sports competitions cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages at sports competitions. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students at a football game on school premises from 3:00 p.m. to 5:00 p.m.

Note: In this example, Smart Snacks does not apply if the sales occur after the school day. For example, if school ends at 3:00 p.m., Smart Snacks applies to all foods and beverages sold to students at the football game between 3:00 p.m. to 3:30 p.m. (during the school day), but does not apply if the foods and beverages are sold to students after 3:30 p.m. (after the school day).

For more information, see “[State Competitive Foods Regulations](#)” in section 1.



Sports Practices

Smart Snacks applies to all foods and beverages available for sale to students at sports practices held on school campus during the school day. This includes fee-based sports programs that include the cost of beverages provided to students at practices on school campus. For example, if school ends at 3:00 p.m., Smart Snacks applies to all foods and beverages purchased through the sports program's fee and provided to students between 3:00 p.m. to 3:30 p.m. (during the school day), but does not apply if the foods and beverages are provided to students after 3:30 p.m. (after the school day). For more information, see "[Sales to Students](#)" in this section.

State requirements for sports practices

If any CNPs are operating, sports practices on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based sports programs that include the cost of foods and beverages provided to students during practices on school premises.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits sports practices from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., sports practices cannot sell or give candy to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 to 4:30 p.m., sports practices cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m. **Note:** Soft drinks include sports drinks (see the definition of "soft drinks" in the [Glossary](#)).

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- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., sports practices cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. **Note:** Soft drinks include sports drinks (see the definition of “soft drinks” in the [Glossary](#)).
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sports program fees charged to cover the cost of foods and beverages provided to students at practices. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students (or provided to students through the sports program’s fee) at practices from 3:00 p.m. to 5:00 p.m.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Summer Food Service Program (SFSP) and Seamless Summer Option (SSO)

The SFSP and SSO must serve meals and snacks that meet the USDA meal patterns. For information on the SFSP meal pattern requirements, see the CSDE's handout, [SFSP Meal Pattern](#).

Smart Snacks does not apply to the SSO unless the site is also operating a summer school program and serving NSLP meals on school campus. The SSO follows the meal patterns for the NSLP and SBP. For information on the SSO meal pattern requirements, visit the CSDE's [Meal Patterns for Grades K-12 in School Nutrition Programs](#) and [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpages.



Smart Snacks does not apply to the SFSP unless it operates at a school during the school day, during which summer school NSLP meals are being served on campus, and sells foods to students separately from reimbursable SFSP meals and snacks. The SFSP is not part of the school day unless it operates on school premises during a summer school program operated by the school governing authority.

State requirements for the SFSP and SSO

The SFSP and SSO on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of the SFSP and SSO. For example, if the SSO serves breakfast from 7:00 a.m. to 7:30 a.m. and lunch from 11:30 a.m. to 1:00 p.m., candy, coffee, tea, and soft drinks cannot be sold or given to students anywhere on school premises from 6:30 a.m. to 8:00 a.m. or 11:00 a.m. to 1:30 p.m., either from the SSO or any other sources on school premises during these times.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

2 | When the Requirements Apply

Income from the SFSP and SSO already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all other sales of foods and beverages to students on school premises from 30 minutes before up through 30 minutes after the SFSP and SSO. For example, if the SSO serves lunch from 11:00 a.m. to 12:00 p.m., the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 10:30 a.m. to 12:30 p.m.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Summer School Programs

Summer school programs operated by the board of education or school governing authority on school campus are part of the regular school day. Smart Snacks applies if foods and beverages are sold to students in summer school programs on school campus during the summer school day. This includes fee-based summer school programs that include the cost of beverages provided to students; summer school programs where students can exchange purchased tickets for beverages; student orders for foods and beverages that are intended to be consumed by students on school campus during the summer school day; distribution of foods and beverages that are intended to be consumed by students on school campus during the summer school day; and fundraisers that offer beverages to students in exchange for a suggested donation. For more information, see “[Sales to Students](#)” in this section.

State requirements for summer school programs

If any CNPs are operating, summer school programs that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes fee-based summer school programs that include the cost of foods and beverages provided to students; activities where students can exchange tickets for foods and beverages (including tickets that are sold or given to students); student orders for foods and beverages; distribution of foods and beverages to students; and fundraisers that offer foods and beverages to students in exchange for a suggested donation.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraisers from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs,

including during and after the school day. For example, if the SSO serves lunch from 11:00 a.m. to 12:00 p.m., summer school programs on school premises cannot sell or give candy to students anywhere on school premises from 10:30 a.m. to 12:30 p.m.

- **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SSO serves lunch from 11:00 a.m. to 12:00 p.m., summer school programs on school premises cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 10:30 a.m. to 12:30 p.m.
- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SSO serves lunch from 11:00 a.m. to 12:00 p.m., summer school programs on school premises cannot sell or give coffee, tea, and soft drinks to students anywhere on school premises from 10:30 a.m. to 12:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tickets that students can exchange for foods and beverages; the income from program fees charged to cover the cost of foods and beverages provided to students; the income from student orders for foods and beverages that will be consumed on school premises during the school day; and the income from student donations in exchange for foods and beverages. For example, if the SSO serves breakfast from 7:00 a.m. to 8:00 a.m. and lunch from 11:00 a.m. to 12:00 p.m., the nonprofit food service account must receive the summer school program’s income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

2 | When the Requirements Apply

Note: In this example, all foods and beverages sold to students from the summer school program must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the summer school day. For more information, see “[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Vending Machines

Smart Snacks applies to all foods and beverages available for sale to students from vending machines on school campus during the school day. This includes vending machines where students can exchange purchased tokens for foods and beverages.



State requirements for vending machines

If any CNPs are operating, vending machines that sell or distribute foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes vending machines where students can exchange tokens for foods and beverages (including tokens that are sold or given to students).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits vending machines from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., vending machines on school premises cannot sell or dispense candy to students from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m. They must be turned off during these times.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary

and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., vending machines on school premises cannot sell or dispense coffee, tea, and soft drinks to students from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m. They must be turned off during these times.

- **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., vending machines on school premises cannot sell or dispense coffee, tea, and soft drinks to students from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m. They must be turned off during these times.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales of tokens that students can exchange for foods and beverages in vending machines.

If any vending machines operate during this time, the gross income (not just the percentage of the income specified in the vending machine contract) must accrue to the nonprofit food service account. For example, a vending machine contract specifies that the school food service department receives 20 percent of the total vending sales. If the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive 100 percent of the total vending sales (gross income) from all foods and beverages sold to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

Note: In this example, all foods and beverages sold to students from the vending machines must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see “[Identifying allowable foods and beverages](#),”

2 | When the Requirements Apply

“[Compliant Foods and Beverages](#)” and “[Noncompliant Foods and Beverages](#)” in this section.

For more information, see “[State Competitive Foods Regulations](#)” in section 1.

The CSDE’s handout, *[Requirements for Foods and Beverages in Vending Machines \(Private Schools and RCCIs\)](#)*, summarizes the requirements for vending machines.

Vendors

Vendors that sell or give foods and beverages to students on school premises must comply with the federal and state requirements. Examples of vendors include 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 on school premises.

Smart Snacks applies to all foods and beverages available for sale to students from vendors on school campus during the school day. This includes vendors that operate fee-based programs and activities that include the cost of foods and beverages provided to students; programs and activities where students can exchange purchased tickets for foods and beverages; student orders for foods and beverages that will be consumed on school premises during the school day; distribution of foods and beverages that will be consumed by students on school premises during the school day; and fundraisers that offer noncompliant foods and beverages to students in exchange for a suggested donation.

For example, an ice cream truck cannot sell noncompliant ice cream to students on school campus during the school day. However, Smart Snacks does not apply when vendors sell foods and beverages to students at a location off school premises that is not under the jurisdiction of the school governing authority. For more information, see “[Fundraisers held off school premises](#)” in this section.

State requirements for vendors

If any CNPs are operating, vendors must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations. This includes vendors that operate fee-based programs and activities that include the cost of foods and beverages provided to students, and vendors from whom students can exchange coupons and similar items for foods and beverages (including coupons, tickets, tokens, and similar items that are sold or given to students). These requirements apply regardless of when students will receive or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits vendors from selling and giving candy, coffee, tea, or soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
 - **Candy:** Smart Snacks already prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., vendors cannot sell candy to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for elementary and middle school students:** Smart Snacks already prohibits selling coffee, tea, and soft drinks to elementary and middle school students during the school day. In addition, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., vendors cannot sell coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
 - **Coffee, tea, and soft drinks for high school students:** Smart Snacks allows selling coffee, tea, and soft drinks to high school students at any time if these beverages comply with the requirements for the Smart Snacks category of “other flavored and/or carbonated beverages” (see [table 1-3](#)). However, Section 10-215b-1 prohibits selling and giving these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates from 3:30 to 4:30 p.m., vendors cannot sell coffee, tea, and soft drinks to students anywhere on school premises from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

2 | When the Requirements Apply

This includes the income from sales of tickets that students can exchange for foods and beverages; the income from program fees charged to cover the cost of foods and beverages provided to students; the income from student orders for foods and beverages; and the income from student donations in exchange for foods and beverages. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m., the NSLP operates from 11:30 a.m. to 1:00 p.m., and the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the vendor's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m., 11:00 a.m. to 1:30 p.m., and 3:00 p.m. to 5:00 p.m.

Note: In this example, all foods and beverages sold to students from the vendor must comply with Smart Snacks. Smart Snacks prohibits sales of noncompliant foods and beverages to students on school campus during the school day. For more information, see [“Identifying allowable foods and beverages,”](#) [“Compliant Foods and Beverages”](#) and [“Noncompliant Foods and Beverages”](#) in this section.

For more information, see [“State Competitive Foods Regulations”](#) in section 1.

3 — Summary of Food Restrictions

Table 3-1 summarizes the restrictions for selling and giving competitive foods to students in private schools and RCCIs, based on the federal and state requirements. For more information, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2. For definitions of terms, see the [Glossary](#).

Smart Snacks applies to foods sold to students on school campus during the school day, separately from reimbursable meals. Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions if foods are sold or given to students while any CNPs are operating, including during and after the school day.

Table 3-1. Restrictions for competitive foods in Connecticut’s private schools and RCCIs

Food	Requirements
<p>Candy, including all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies, and jelly beans), and breath mints.</p> 	<p>Smart Snacks prohibits sales of candy to students on school campus during the school day.</p> <p>If any CNPs are operating, Section 215b-1 of the state competitive foods regulations requires additional restrictions prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-1: Candy” in section 1 and “Candy” in section 2.</p> <p>Section 215b-23 of the state competitive foods regulations does not apply because candy sales are not allowed while any CNPs are operating.</p>

Table 3-1. Restrictions for competitive foods in Connecticut’s private schools and RCCIs, continued

Food	Requirements
<p>Gum, regular</p> 	<p>The Federal Food, Drug, and Cosmetic Act defines gum as a food. Smart Snacks prohibits sales of regular gum to students on school campus during the school day.</p> <p>If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods (including gum) and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>
<p>Gum, sugar-free</p> 	<p>The Federal Food, Drug, and Cosmetic Act defines gum as a food. Smart Snacks allows sales of sugar-free gum to students during the school day.</p> <p>If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods (including gum) and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

Table 3-1. Restrictions for competitive foods in Connecticut’s private schools and RCCIs, continued

Food	Requirements
<p>All foods sold separately from school meals (except entree items), e.g., cookies, crackers, pretzels, popcorn, chips, puffed snacks, cereals, ice cream, pudding, yogurt, cheese, nuts/seeds, nut/seed butters, baked goods (e.g., pastries, toaster pastries, bagels, muffins, waffles, pancakes, rolls and buns), cooked grains (e.g., rice and pasta), soup, fruits, vegetables, and combination foods</p>	<p>Compliant foods</p> <p>Foods that comply with Smart Snacks may be sold to students on school campus at any time. Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise and salad dressing must be included when evaluating foods for compliance with Smart Snacks. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable commercial products.</p> <p>For foods made from scratch, private schools and RCCIs must conduct a nutrient analysis to determine if the recipes comply with Smart Snacks. The recipe’s nutrition information per serving (including any added accompaniments) must be compared with each nutrition standard for the appropriate Smart Snacks category. Foods made from scratch must be evaluated for Smart Snacks compliance before they are sold to students. For more information, see “Identifying allowable foods and beverages” in section 1 and “Compliant Foods and Beverages” in section 2.</p> <p>If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p><i>Continued on next page</i></p>

Table 3-1. Restrictions for competitive foods in Connecticut’s private schools and RCCIs, continued

Food	Requirements
<p>All foods sold separately from school meals (except entree items), e.g., cookies, crackers, pretzels, popcorn, chips, puffed snacks, cereals, ice cream, pudding, yogurt, cheese, nuts/seeds, nut/seed butters, baked goods (e.g., pastries, toaster pastries, bagels, muffins, waffles, pancakes, rolls and buns), cooked grains (e.g., rice and pasta), soup, fruits, vegetables, and combination foods, <i>continued</i></p>	<p>Noncompliant foods Smart Snacks prohibits sales of noncompliant foods to students on school campus during the school day, but allows sales after the school day. For more information, see “Noncompliant Foods and Beverages” in section 2.</p> <p>If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

**Table 3-1. Restrictions for competitive foods
in Connecticut’s private schools and RCCIs, continued**

Food	Requirements
<p>Entree items sold separately from school meals, e.g., pizza, chicken nuggets, chef’s salad, burritos, lasagna, hamburgers, and fruit-yogurt parfaits</p>	<p>Smart Snacks does not apply to entree items that are sold a la carte during the meal service on the same day, or the day after, that they are planned and served as part of a reimbursable meal in the NSLP or SBP. These entrees may be sold a la carte during the meal service if they are the same or smaller portion size as the NSLP and SBP; and have the same accompaniments.</p> <p>Entrees sold only a la carte</p> <p>Smart Snacks applies only to entree items that are sold only a la carte, i.e., entrees that are not part of reimbursable meals. For example, if a school sells pizza that is not part of a reimbursable meal on the day of service or the day after service, the pizza must comply with Smart Snacks. Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise, and salad dressing must be included when evaluating entrees for compliance with Smart Snacks. For example, to determine if a hamburger on a bun complies with Smart Snacks, schools must add the nutrition information per serving for the hamburger and bun plus the nutrition information per serving for any condiments (such as ketchup and mustard), and compare this total with the Smart Snacks requirements for the entrees category.</p> <ul style="list-style-type: none"> • Compliant entrees sold only a la carte: Entrees that comply with Smart Snacks may be sold to students anywhere on school premises at any time. Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise, and salad dressing must be included when evaluating foods for compliance with Smart Snacks. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable commercial products. <p>For foods made from scratch, private schools and RCCIs must compare the recipe’s nutrition information per serving (including any added accompaniments) with each nutrition standard for</p> <p><i>Continued on next page</i></p>

Table 3-1. Restrictions for competitive foods in Connecticut’s private schools and RCCIs, continued

Food	Requirements
<p>Entree items sold separately from school meals, e.g., pizza, chicken nuggets, chef’s salad, burritos, lasagna, hamburgers, and fruit-yogurt parfaits, <i>continued</i></p>	<p>the appropriate Smart Snacks category. Foods made from scratch must be evaluated for Smart Snacks compliance before they are sold to students. For more information, see “Identifying allowable foods and beverages” in section 1 and “Compliant Foods and Beverages” in section 2.</p> <p>If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <ul style="list-style-type: none"> • Noncompliant entrees sold only a la carte: Smart Snacks prohibits sales of noncompliant entrees to students on school campus during the school day. Noncompliant entrees may be sold after the school day. For more information, see “Noncompliant Foods and Beverages” in section 2. <p>If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires additional restrictions. Section 215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

4 — Summary of Beverage Restrictions

Table 4-1 summarizes the restrictions for selling and giving competitive beverages to students in private schools and RCCIs, based on the federal and state requirements. For more information, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2. For definitions of terms, see the [Glossary](#).

Smart Snacks applies to beverages sold to students separately from reimbursable meals on school campus during the school day. Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions if beverages are sold or given to students while any CNPs are operating, including during and after the school day.

[Table 1-3](#) summarizes the federal and state beverage requirements.

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs	
Beverage	Requirements
<p>Almond milk products that do not meet the USDA’s nutrition standards for fluid milk substitutes</p> 	<p>See “Milk substitute products that do not meet the USDA’s nutrition standards for fluid milk substitutes”</p> <p>Note: The commercial almond milk products that are currently available do not meet the USDA’s nutrition standards for fluid milk substitutes.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Beverages containing 100 percent juice diluted with water, with added sweeteners, with or without carbonation ¹</p> 	<p>Smart Snacks prohibits sales of beverages containing juice and water with added sweeteners to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because beverages containing juice and water with added sweeteners meet the state definition of soft drinks.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

**Table 4-1. Restrictions for competitive beverages
in Connecticut’s private schools and RCCIs, continued**

Beverage	Requirements
<p>Beverages containing 100 percent juice diluted with water, without added sweeteners, with or without carbonation</p> 	<p>Smart Snacks allows sales of beverages containing juice and water with added sweeteners to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>
<p>Club soda</p>	<p>See “Water, plain, without added sweeteners (with or without carbonation), e.g., club soda, seltzer, sparkling water.”</p>
<p>Cocoa</p>	<p>See “Hot chocolate (cocoa), regular, low-calorie and sugar-free.”</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Coffee, regular, decaffeinated, herbal, and iced</p> 	<p>Smart Snacks prohibits sales of coffee to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of coffee to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Check product labels and include any added accompaniments (such as milk, cream, and sugar) when determining if coffee meets the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions for coffee.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1. For more information, see “State Competitive Foods Regulations” in section 1.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Hot chocolate (cocoa), regular, low-calorie and sugar-free</p> 	<p>Smart Snacks prohibits sales of hot chocolate to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of hot chocolate to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Low-calorie or sugar-free hot chocolate products might meet the Smart Snacks calorie limits for “flavored and/or carbonated beverages,” but regular products usually exceed these limits. Check product labels and include any added accompaniments (such as milk and marshmallows) when determining if hot chocolate meets the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Juice, 100 percent full-strength (fruit juice, vegetable juice, or combination)</p> 	<p>Smart Snacks allows sales of 100 percent full-strength juice to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s List of Acceptable Foods and Beverages for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>
<p>Juice, 100 percent full-strength, carbonated (fruit juice, vegetable juice, or combination)</p> 	<p>Smart Snacks allows sales of 100 percent full-strength carbonated juice to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s List of Acceptable Foods and Beverages for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Juice drinks (not 100 percent juice), regular or low-calorie, e.g., lemonade, punch drinks, cranberry cocktail, nectars ¹</p> 	<p>Juice drinks are products resembling juice that contain full-strength juice with added water and possibly other ingredients, such as sweeteners, spices or flavorings. Juice drinks are not 100 percent juice.</p> <p>Smart Snacks prohibits sales of juice drinks to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of juice drinks to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Low-calorie juice drink products might meet the Smart Snacks calorie limits for “flavored and/or carbonated beverages,” but regular products usually exceed these limits. Check product labels when determining if juice drinks meet the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because juice drinks meet the state definition of soft drinks.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Lemonade (not 100 percent juice) ¹</p>	<p>See “Juice drinks (not 100 percent juice), regular or low-calorie, regular or low-calorie, e.g., lemonade, punch drinks, cranberry cocktail, nectars.”</p>
<p>Milk, fat-free, unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee</p> 	<p>Smart Snacks allows sales of fat-free milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>
<p>Milk, low-fat, unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee</p> 	<p>Smart Snacks allows sales of low-fat milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

**Table 4-1. Restrictions for competitive beverages
in Connecticut’s private schools and RCCIs, continued**

Beverage	Requirements
<p>Milk, reduced fat (2%), unflavored or flavored</p> 	<p>Smart Snacks prohibits sales of reduced-fat milk to all grades on school campus during the school day, but allows sales after the school day.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA’s regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.</p>
<p>Milk, whole, unflavored or flavored</p> 	<p>Smart Snacks prohibits sales of whole milk to all grades on school campus during the school day, but allows sales after the school day.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA’s regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.</p>

**Table 4-1. Restrictions for competitive beverages
in Connecticut’s private schools and RCCIs, continued**

Beverage	Requirements
<p>Milk, lactose-free, low-fat (1%), unflavored or flavored</p> 	<p>Smart Snacks allows sales of low-fat lactose-free milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>
<p>Milk, lactose-free fat-free, unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee</p> 	<p>Smart Snacks allows sales of fat-free lactose-free milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

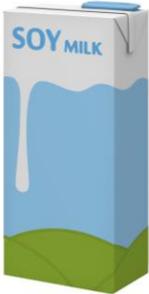
Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Milk, lactose-free reduced-fat (2%), unflavored or flavored</p> 	<p>Smart Snacks prohibits sales of lactose-free reduced-fat milk (unflavored or flavored) to all grades on school campus during the school day, but allows sales after the school day.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA’s regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.</p>
<p>Milk, lactose-free whole, flavored or unflavored</p> 	<p>Smart Snacks prohibits sales of lactose-free whole milk(unflavored or flavored) to all grades on school campus during the school day, but allows sales after the school day.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p>For consistency with the <i>Dietary Guidelines for Americans</i> and the USDA’s regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Milk substitute products that meet the USDA’s nutrition standards for fluid milk substitutes</p> 	<p>Smart Snacks allows sales of milk substitute products that meet the USDA’s nutrition standards for fluid milk substitutes to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s List of Acceptable Foods and Beverages for allowable products. Note: Only certain brands of soy milk meet the USDA’s nutrition standards for fluid milk substitutes.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p>For information on the USDA’s requirements for milk substitutes in school meals for children without disabilities, see the CSDE’s handout, Allowable Milk Substitutions for Children without Disabilities in School Nutrition Programs. For information on the USDA’s requirements for milk substitutes in school meals for children with disabilities, see the CSDE’s guide, Accommodating Special Diets in School Nutrition Programs.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Milk substitute products that do not meet the USDA’s nutrition standards for fluid milk substitutes</p> 	<p>Smart Snacks prohibits sales of milk substitute products that do not meet the USDA’s nutrition standards for fluid milk substitutes to all grades on school campus during the school day, but allows sales after the school day. Note: Only certain brands of soy milk meet the USDA’s nutrition standards for fluid milk substitutes. Most milk substitute products (such as almond milk, cashew milk, rice milk, and many brands of soy milk) do not meet these standards.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p> <p>For information on the USDA’s requirements for milk substitutes in school meals for children without disabilities, see the CSDE’s handout, <i>Allowable Milk Substitutions for Children without Disabilities in School Nutrition Programs</i>. For information on the USDA’s requirements for milk substitutes in school meals for children with disabilities, see the CSDE’s guide, <i>Accommodating Special Diets in School Nutrition Programs</i>.</p>

4 | Beverage Restrictions

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Rice milk products that do not meet the USDA’s nutrition standards for fluid milk substitutes</p> 	<p>See “Milk substitute products that do not meet the USDA’s nutrition standards for fluid milk substitutes”</p> <p>Note: The commercial rice milk products that are currently available do not meet the USDA’s nutrition standards for fluid milk substitutes.</p>
<p>Seltzer, flavored</p>	<p>See “Water, flavored, without added sweeteners (with or without carbonation), e.g., flavored seltzer and flavored sparkling water.”</p>
<p>Seltzer, unflavored</p>	<p>See “Water, plain, without added sweeteners (with or without carbonation), e.g., club soda, seltzer, sparkling water.”</p>
<p>Soy milk substitute products that meet the USDA’s nutrition standards for fluid milk substitutes</p> 	<p>See “Milk substitute products that meet the USDA’s nutrition standards for fluid milk substitutes”</p>

**Table 4-1. Restrictions for competitive beverages
in Connecticut’s private schools and RCCIs, continued**

Beverage	Requirements
<p data-bbox="250 411 396 443">Soda, diet¹</p> 	<p data-bbox="621 411 1349 527">Smart Snacks prohibits sales of diet soda to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p data-bbox="621 569 1338 762">Smart Snacks allows sales of diet soda to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces.</p> <p data-bbox="621 804 1370 957">If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because soda meets the state definition of soft drinks.</p> <ul data-bbox="662 989 1370 1371" style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p data-bbox="621 1413 1276 1486">For more information, see “State Competitive Foods Regulations” in section 1.</p>
<p data-bbox="250 1545 1341 1612">¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Soda, regular ¹</p> 	<p>Smart Snacks prohibits sales of regular soda to all grades on school campus during the school day, but allows sales after the school day.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because soda meets the state definition of soft drinks.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>
<p>Sparkling water, flavored, without added sweeteners</p>	<p>See “Water, flavored, without added sweeteners (with or without carbonation), e.g., flavored seltzer and flavored sparkling water.”</p>
<p>Sparkling water, plain, without added sweeteners</p>	<p>See “Water, plain, without added sweeteners (with or without carbonation), e.g., club soda, seltzer, sparkling water.”</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Sports drinks, regular ¹</p> 	<p>Smart Snacks prohibits sales of regular sports drinks to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of regular sports drinks to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Low-calorie sports drinks might meet the Smart Snacks calorie limits for “flavored and/or carbonated beverages,” but regular products usually exceed these limits. Check product labels when determining if regular sports drinks meet the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because sports drinks meet the state definition of soft drinks.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Sports drinks, low-calorie and zero calorie ¹</p> 	<p>Smart Snacks prohibits sales of low-calorie and zero calorie sports drinks to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of low-calorie and zero calorie sports drinks to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Low-calorie sports drinks might meet the Smart Snacks calorie limits for “flavored and/or carbonated beverages,” but regular products usually exceed these limits. Check product labels when determining if low-calorie and zero calorie sports drinks meet the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because sports drinks meet the state definition of soft drinks.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Tea, regular, decaffeinated, herbal, and iced</p> 	<p>Smart Snacks prohibits sales of tea to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of tea to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Check product labels and include any added accompaniments (such as milk, cream, honey, and sugar) when determining if tea meets the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions for tea for all grades.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Water with added sweeteners, (with or without carbonation) ¹</p> 	<p>Smart Snacks prohibits sales of water with added sweeteners to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of waters with added sweeteners to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). The portion size cannot exceed 12 fluid ounces. Note: Low-calorie sweetened waters might meet the Smart Snacks calorie limits for “flavored and/or carbonated beverages,” but regular products usually exceed these limits. Check product labels when determining if sweetened waters meet the Smart Snacks calorie limits for high schools.</p> <p>If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because water with added sweeteners meets the state definition of soft drinks.</p> <ul style="list-style-type: none"> • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. <p>For more information, see “State Competitive Foods Regulations” in section 1.</p>

¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the [Glossary](#).

**Table 4-1. Restrictions for competitive beverages
in Connecticut’s private schools and RCCIs, continued**

Beverage	Requirements
<p>Water, flavored, without added sweeteners (with or without carbonation), e.g., flavored seltzer and flavored sparkling water</p> 	<p>Smart Snacks prohibits sales of flavored water without added sweeteners to elementary and middle school students on school campus during the school day, but allows sales after the school day.</p> <p>Smart Snacks allows sales of flavored water without added sweeteners to high school students at any time if the product meets the calorie limits for the Smart Snacks category of “flavored and/or carbonated beverages” (see table 1-3). Portion sizes are unlimited. Consult the CSDE’s List of Acceptable Foods and Beverages webpage for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This includes the income from sales at events that meet the beverage exemption criteria of the state beverage statute. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

Table 4-1. Restrictions for competitive beverages in Connecticut’s private schools and RCCIs, continued

Beverage	Requirements
<p>Water, plain, without added sweeteners (with or without carbonation), e.g., club soda, seltzer, sparkling water</p> 	<p>Smart Snacks allows sales of water without added sweeteners to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE’s <i>List of Acceptable Foods and Beverages</i> for allowable products.</p> <p>If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, see “Section 10-215b-23: Accrual of income” in section 1.</p>

**Table 4-1. Restrictions for competitive beverages
in Connecticut’s private schools and RCCIs, continued**

Beverage	Requirements
<p>Water fortified with vitamins, with added sweeteners (with or without carbonation) ¹</p> 	<p>See “Water with added sweeteners (with or without carbonation)</p>
<p>Water, plain (no added ingredients)</p>	<p>See “Water, plain, without added sweeteners (with or without carbonation), e.g., club soda, seltzer, sparkling water”</p>
<p>¹ These beverages are defined as soft drinks under Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies. For the definition of soft drinks, see the Glossary.</p>	

5 — Resources

This section provides information on resources to assist private schools and RCCIs with implementing the federal and state requirements for competitive foods and beverages. It includes links to federal and state regulations, policy memoranda, and websites; and the CSDE’s guides, handouts, and resource lists.

Regulations and Policy

Code of Federal Regulations (CFR) for the School Breakfast Program (7 CFR 220) (USDA):

<https://www.fns.usda.gov/part-220—school-breakfast-program>

Code of Federal Regulations (CFR) for the Special Milk Program (7 CFR 215) (USDA):

<https://www.fns.usda.gov/part-215—special-milk-program-children>

Code of Federal Regulations (CFR) for the Special Milk Program (7 CFR 215):

<https://www.fns.usda.gov/part-215%E2%80%94special-milk-program-children>

Comparison of Programs SFSP/NSLP/Seamless Summer Option (USDA):

<https://www.fns.usda.gov/comparison-programs-sfspnslpseamless-option>

CSDE Operational Memorandum No. 01-18: Accrual of Income from Sales of Competitive Foods in Schools:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/OM01-18.pdf>

CSDE Operational Memorandum No. 11-14: Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM11-14.pdf>

CSDE Operational Memorandum No. 11-15: Implementation of Smart Snacks in School: State Agency Fundraiser Elections and Exemptions:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2015/OM11-15.pdf>

CSDE Operational Memorandum No. 22-14: Evaluating Products for Compliance with the Whole Grain-rich Criteria for School Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM22-14.pdf>

CSDE Operational Memorandum No. 29-14: Federal and State Requirements for Grain-Only Entrees (Smart Snacks versus Connecticut Nutrition Standards):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM29-14.pdf>

CSDE Operational Memorandum No. 31-14: Federal and State Requirements for Culinary Education Programs (Smart Snacks versus Connecticut Nutrition Standards)

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM31-14.pdf>

CSDE Operational Memorandum No. 59-14: Smart Snacks Standards for Exempt Foods when Paired Together: <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM59-14.pdf>

Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHSFKA of 2010 (81 FR 50131):
<https://www.fns.usda.gov/school-meals/fr-072916d>

Final Rule: Nutrition Standards for the National School Lunch and Breakfast Programs (77 FR 4088):
<https://www.fns.usda.gov/school-meals/fr-012612>

Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296):
<https://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>

Questions and Answers on Smart Snacks (USDA):
<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SmartSnacksQA.pdf>

Regulations of Connecticut State Agencies (Sections 10-215b-1 and 10-215b-23):
<https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/%7B609BE155-0900-C92F-863D-9F144850E986%7D>

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program:
<https://www.fns.usda.gov/grain-requirements-national-school-lunch-program-and-school-breakfast-program>

Websites

Afterschool Snack Program (CSDE):
<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Child Nutrition Programs (CSDE):
<https://portal.ct.gov/SDE/Nutrition/Child-Nutrition-Programs>

Competitive Foods in Schools (CSDE):
<https://portal.ct.gov/SDE/Nutrition/Competitive-Foods>

Connecticut Child Nutrition Programs (CSDE):
<https://portal.ct.gov/SDE/Nutrition/Child-Nutrition-Programs>

Dietary Guidelines for Americans (USDA):
<https://health.gov/dietaryguidelines/>

Forms for School Nutrition Programs (CSDE):
<https://portal.ct.gov/SDE/Lists/Forms-School-Nutrition-Programs>

Laws and Regulations for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs>

List of Acceptable Foods and Beverages (CSDE):

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

Local School Wellness Policy (USDA):

<http://www.fns.usda.gov/tn/local-school-wellness-policy>

MyPlate (USDA):

<http://www.choosemyplate.gov/>

Nutrition Education (CSDE):

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

Nutrition Standards for School Meals (USDA):

<https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>

Operational Memoranda for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs>

Policy Memos for School Meals: National School Lunch Program, School Breakfast Program and Special Milk Program (USDA):

<https://www.fns.usda.gov/school-meals/policy>

Program Guidance for School Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs>

Resources for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Resources-for-Child-Nutrition-Programs>

School Wellness Policies (CSDE):

<https://portal.ct.gov/SDE/Nutrition/School-Wellness-Policies>

Seamless Summer Option (SSO) of the NSLP (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Seamless-Summer-Option-SSO-of-the-NSLP>

Smart Snacks Calculator:

<https://foodplanner.healthiergeneration.org/calculator/>

Smart Snacks Nutrition Standards (CSDE):

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

Special Milk Program (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Special-Milk-Program>

Summer Food Service Program (SFSP):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program>

Team Nutrition (USDA):

<http://teamn nutrition.usda.gov/>

Tools for Schools: Focusing on Smart Snacks (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

CSDE Guides

Accommodating Special Diets in School Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsGuide.pdf>

Action Guide for Child Care Nutrition and Physical Activity Policies:

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/CCPolicy/CCAG.pdf>

Action Guide for School Nutrition and Physical Activity Policies:

https://portal.ct.gov/-/media/SDE/Nutrition/SWP/Action_Guide.pdf

Afterschool Snack Program Handbook:

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Guide to Competitive Foods in HFC Pubic Schools:

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

Guide to Competitive Foods in Non-HFC Pubic Schools:

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

Guide to Competitive Foods in Private Schools and Residential Child Care Institutions:

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

Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Preschool/MPGpreschool.pdf>

Menu Planning Guide for School Meals for Grades K-12:

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning-Guide-for-School-Meals>

Offer versus Serve Guide for School Meals:

<https://portal.ct.gov/SDE/Nutrition/-/media/SDE/Nutrition/NSLP/OVS/OVsguide.pdf>

CSDE Handouts

Allowable Milk Substitutes for Children without Disabilities in School Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/Milksub.pdf>

Alternatives to Food Rewards:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/FoodRewards.pdf>

Connecticut Competitive Foods Regulations:

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

Healthy Celebrations:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/HealthyCelebrations.pdf>

Healthy Fundraising:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/HealthyFundraising.pdf>

Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions:

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

Questions and Answers on Smart Snacks:

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

Requirements for Competitive Foods in Private Schools and RCCIs:

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

Requirements for Food and Beverage Fundraisers in Private Schools and RCCIs:

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

Requirements for Foods and Beverages in School Stores in Private Schools and RCCIs:

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

Requirements for Foods and Beverages in Vending Machines in Private Schools and RCCIs:

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

Sample Fundraiser Form:

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FundraiserFormHFC.doc>

Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions (CSDE):

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

Summary of Smart Snacks Nutrition Standards:

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

CSDE Resource Lists

The CSDE resource lists are available on the CSDE's Resources for Child Nutrition Programs webpage at <https://portal.ct.gov/SDE/Nutrition/Resources-for-Child-Nutrition-Programs>.

Child Nutrition Programs:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesCNP.pdf>

Competitive Foods:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesSCHOOLFD.pdf>

Dietary Guidelines and Nutrition Information:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesDG.pdf>

Food Safety:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesFDSAFE.pdf>

Health and Achievement:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesACHIEVE.pdf>

Menu Planning and Food Production:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMP.pdf>

Nutrition Education:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesNUTRED.pdf>

Physical Activity and Physical Education:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesPA.pdf>

Promoting Healthy Weight:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesOB.pdf>

Special Diets:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesSPDIET.pdf>

Wellness Policies for Schools and Child Care:

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesWP.pdf>

Glossary

This section includes definitions for terms that apply to the federal and state requirements for competitive foods in private schools and RCCIs. Some terms apply only to Connecticut's regulations or have a different definition from the USDA's Smart Snacks. These terms are identified by "*applies to state competitive foods regulations*" or "*applies to Smart Snacks*" in parentheses after the term. All other definitions apply to both federal and state requirements.



a la carte sales: Foods and beverages that are sold separately from reimbursable meals and snacks served through the CNPs. For more information, see "competitive foods" in this section.

accompaniments (*applies to Smart Snacks*): Foods that accompany another food or beverage item, such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise and salad dressing. Foods must be evaluated for compliance with the Smart Snacks nutrition standards based on the amount of the food item as served, including any added accompaniments. Examples include hamburger with ketchup and mustard, bagel with cream cheese, waffles with syrup, whole grain-rich pasta with butter, salad with dressing, and fruit crisp with whipped cream. Beverages in the category of "flavored and/or carbonated beverages" (allowed only for **high schools**) must be evaluated for compliance with the Smart Snacks calorie limits based on the amount served including any added accompaniments. Examples include coffee with milk, cream and sugar; tea with milk, cream and honey; and hot chocolate with milk and marshmallows.

added sugars: Sugars and syrups added to foods in processing or preparation, as opposed to the naturally occurring sugars found in foods like fruits, vegetables, grains, and dairy products. Examples of added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, sugar, and syrup.

Afterschool Snack Program (ASP): The USDA’s federally assisted snack program implemented through the National School Lunch Program (NSLP). The ASP provides cash reimbursement to help schools serve snacks to children in afterschool activities aimed at promoting the health and well-being of children and youth. Schools must provide children with regularly scheduled activities in an organized, structured and supervised environment that includes educational or enrichment activities, e.g., mentoring/tutoring programs. Programs must meet state or local licensing requirements and health and safety standards. For more information, visit the CSDE’s [Afterschool Snack Program](#) webpage. **Note:** RCCIs may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation.

artificial sweeteners: Ingredients without calories that are used as sugar substitutes to sweeten foods and beverages. Artificial sweeteners are hundreds of times sweeter than sugar. Common artificial sweeteners include acesulfame potassium (Acesulfame-K, Sunett, Sweet & Safe, Sweet One), aspartame (Nutrasweet, Equal), neotame, saccharin (Sweet and Low, Sweet Twin, Sweet ‘N Low Brown, Necta Sweet), sucralose (Splenda), and tagatose. These nonnutritive sweeteners are calorie-free, except for aspartame, which is very low in calories. For more information, see “nonnutritive sweeteners” in this section.

At-risk Afterschool Meals: The USDA’s federally assisted meal program implemented through the Child and Adult Care Food Program (CACFP) that provides snacks and meals at no charge for students ages 18 and younger in at-risk afterschool programs. Eligible facilities include public and private schools, nonresidential child care centers, and outside school-hours care centers. To participate, sponsors must have a structured, supervised afterschool enrichment program. Cash assistance is available for up to one snack and one meal per day for each student. All snacks and meals must meet the requirements of the CACFP meal patterns for children. For more information, visit the CSDE’s [CACFP At-risk Afterschool Care Centers](#) webpage. **Note:** RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.

candy: All types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies, and jelly beans), and breath mints.

Child Nutrition Programs (CNPs): The USDA’s federally funded programs that provide nutritious meals and snacks to children, including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Summer Food Service Program (SFSP), Fresh Fruit and Vegetable Program (FFVP), Child and Adult Care Food Program (CACFP), and CACFP At-risk Afterschool Meals operated in schools. The CACFP also provides nutritious meals and snacks to the frail elderly in adult day care centers. For more information, visit the CSDE’s [Child Nutrition Programs](#) webpage.

competitive foods (*applies to Smart Snacks*): All foods and beverages available for sale to students on school campus during the school day, other than reimbursable meals and snacks served through the USDA’s Child Nutrition Programs. Potential sources of competitive foods include, but are not limited to, cafeteria a la carte sales, vending machines, school stores, and fundraisers. For more information, see “a la carte sales” in this section.

competitive foods (*applies to state competitive foods regulations*): All foods and beverages available for sale to students on school premises at all times, other than reimbursable meals and snacks served through the USDA’s Child Nutrition Programs. Potential sources of competitive foods include, but are not limited to, cafeteria a la carte sales, vending machines, school stores, and fundraisers. For more information, see “a la carte sales” in this section. **Note:** 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 more information, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2.

compliant foods and beverages: Foods and beverages that comply with the Smart Snacks nutrition standards.

creditable foods: Foods and beverages that credit toward the USDA’s meal patterns for reimbursable meals and snacks in the Child Nutrition Programs. Examples include 100 percent juice, low-fat and fat-free milk, entrees (such as pizza, chicken nuggets, and turkey sandwich), soup, low-fat yogurt, fruits, vegetables, french fries, salad, brown rice, and whole grain-rich crackers, cookies, muffins, and pasta. For information on crediting foods for grades K-12 in the NSLP and SBP, see the CSDE’s guide, [Menu Planning Guide for School Meals for Grades K-12](#), and visit the CSDE’s [Crediting Foods for Grades K-12 in School Nutrition Programs](#) webpage. For information on crediting foods for grades K-12 in the ASP, see the CSDE’s guide, [Afterschool Snack Program Handbook](#), and visit the CSDE’s [ASP](#) webpage. For information on crediting foods for preschoolers, see the CSDE’s guide, [Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP](#), and visit the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.

Dietary Guidelines for Americans: A federal document that provides science-based advice for Americans ages 2 and older to promote health and to reduce risk for chronic diseases through diet and physical activity. The *Dietary Guidelines for Americans* is published jointly every five years by the U.S. Department of Health and Human Services and the USDA, and forms the basis of federal food, nutrition education and information programs. For more information, visit the [Dietary Guidelines](#) webpage.

enriched grains: Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the Food and Drug Administration (FDA), and include thiamin (B₁), riboflavin (B₂), niacin (B₃), folic acid, and iron. For more information, see the CSDE’s handout, [Crediting Enriched Grains in the NSLP and SBP](#).

enrichment: Adding back nutrients (usually vitamins or minerals) originally present in a food that were lost during processing. Enrichment nutrients are added back in approximately the same levels as were originally present in the food. For more information, see “enriched grains” in this section.

entrees (*applies to Smart Snacks*): The entrees category of the USDA’s Smart Snacks nutrition standards includes three types of main dish food items: 1) a combination food of meat or meat alternate and whole grain-rich food; 2) a combination food of vegetable or fruit and meat or meat alternate; and 3) a meat or meat alternate alone, with the exception of yogurt, low-fat or reduced fat cheese, nuts, seeds, nut or seed butters, and meat snacks. At breakfast only, the entree definition also includes grain-only items, such as bagels, muffins, and waffles. Schools can determine which grain-only items are defined as entree items for breakfasts offered in the SBP.

fundraisers: Any activities conducted by any school-related or outside organization or group on school premises, 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. Fundraisers also include any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result. **Note:** Smart Snacks applies to purchased coupons and similar items that can be exchanged for foods and beverages. The state competitive foods regulations apply to all coupons and similar items that can be exchanged for foods and beverages, including tickets that students purchase and tickets given to students free of any charge. For more information, see “[Sales to Students](#)” and “[Giving Foods and Beverages to Students](#)” in section 2.

full-strength fruit or vegetable juice: An undiluted product obtained by extraction from sound fruits and vegetables. Full-strength juice may be fresh, canned, frozen or reconstituted from concentrate and may be served in either liquid or frozen state. The name of the full-strength fruit or vegetable juice as it appears on the label must include the words “juice” or “full-strength juice” or “100 percent juice” or “reconstituted juice” or “juice from concentrate.” For more information, see the CSDE’s handouts, *Crediting Juice for Grades K-12 in the NSLP and SBP* and *Crediting Juice for Preschoolers in the NSLP, SBP, and ASP*.

giving (*applies to Smart Snacks*): Providing foods and beverages to students free of any charge, contribution, or suggested donations. Foods and beverages are being given to students when all of the following four conditions apply: 1) students do not purchase foods and beverages; 2) students do not exchange purchased coupons, tickets, tokens, and similar items for foods and beverages; 3) programs and activities that charge a fee do not include the cost of foods and beverages provided to students; and 4) fundraisers do not give foods and beverages to students in exchange for a suggested donation. For more information, see “[Giving Foods and Beverages to Students](#)” in section 2.

giving (*applies to state statutes and competitive foods regulations*): Providing foods and beverages to students free of any charge, contribution, or suggested donations. Foods and beverages are being given to students when all of the following five conditions apply: 1) students do not purchase foods and beverages; 2) students do not exchange purchased coupons, tickets, tokens, and similar items for foods and beverages; 3) students are not given coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages; 4) programs and activities that charge a fee do not include the cost of foods and beverages provided to students; and 5) fundraisers do not give foods and beverages to students in exchange for a suggested donation. For more information, see “[Giving Foods and Beverages to Students](#)” in section 2.

juice drink: A product resembling juice that contains full-strength juice with added water and possibly other ingredients, such as sweeteners, spices or flavorings. Juice drinks are not 100 percent juice. Juice drinks might comply with the Smart Snacks for the category of “Flavored and/or Carbonated Beverages,” which is allowed only for high school students. However, Sections 10-215b-1 and 10-215b-23 of the [Regulations of Connecticut State Agencies](#) require additional restrictions because juice drinks meet the definition of soft drinks under these regulations. For more information, see “[State Competitive Foods Regulations](#)” in section 1.

meals: See “reimbursable meals” in this section.

meal pattern: The required food components and minimum serving sizes that schools and institutions participating in the USDA Child Nutrition Programs must provide to receive federal reimbursement for meals and snacks served to children. For information on the meal patterns for grades K-12 in the NSLP and SBP, see the CSDE’s guide, *Menu Planning Guide for School Meals for Grades K-12*, and visit the CSDE’s [Meal Patterns for Grades K-12 in School Nutrition Programs](#) webpage. For information on the meal patterns for preschoolers in the NSLP and SBP, see the CSDE’s guide, *Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP*, and visit the CSDE’s [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage. For information on the ASP meal patterns, see the CSDE’s handouts, *ASP Meal Pattern for Grades K-12* and *ASP Meal Pattern for Preschoolers*.

MyPlate: Released in June 2011, MyPlate is the USDA’s food guidance system to translate the *Dietary Guidelines for Americans* into a healthy eating plan. MyPlate emphasizes consuming more fruits, vegetables, whole grains and low-fat dairy. For more information, visit the [Choose MyPlate](#) website at www.choosemyplate.gov/.

National School Lunch Program (NSLP): The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The NSLP provides nutritionally balanced, low-cost or free lunches to children each school day. It was established under the National School Lunch Act, signed by President Harry Truman in 1946. For more information, visit the CSDE’s [National School Lunch Program](#) webpage.

noncompliant foods and beverages: Foods and beverages that do not comply with the Smart Snacks nutrition standards. For more information, see “[Noncompliant Foods and Beverages](#)” in section 2.

noncreditable foods: Foods and beverages that do not credit toward the USDA’s meal patterns for reimbursable meals and snacks in the Child Nutrition Programs. Examples include bottled water, reduced fat (2%) milk, bacon, condiments (such as ketchup, mustard, and salad dressing), cream cheese, potato chips, ice cream, gelatin, and pudding. For more information, see the CSDE’s handouts, *Noncreditable Foods for Grades K-12 in the NSLP and SBP*, *Noncreditable Foods for Grades K-12 in the ASP*, and *Noncreditable Foods for Preschoolers in the NSLP, SBP, and ASP*.

nonnutritive sweeteners: Ingredients without calories that are used as sugar substitutes to sweeten foods and beverages. Nonnutritive sweeteners can be 200 to 600 times sweeter than sugar. They include artificial sweeteners such as acesulfame-potassium, neotame, saccharin, and sucralose, and “natural” sweeteners such as stevia (e.g., Rebiana, Rebaudioside A, Truvia, PureVia, and SweetLeaf). For a list of artificial sweeteners, see “artificial sweeteners” in this section.

nonprofit food service account: The restricted account in which all of the revenue from all food service operations conducted by the school food authority (SFA) principally for the benefit of school children is retained and used only for the operation or improvement of the nonprofit school food service. This account shall include, as appropriate, non-federal funds used to support paid lunches as provided in [7 CFR 210.14\(e\)](#), and proceeds from nonprogram foods as provided in [7 CFR 210.14\(f\)](#).

nonprogram foods: Foods sold in a school at any time or location on the school campus (other than reimbursable meals), purchased using funds from the nonprofit school food service account. Section [7 CFR 210.14 \(f\)](#) of the NSLP regulations requires that all revenue from the sale of nonprogram foods must accrue to the nonprofit school food service account. For more information, see “[Revenue from Nonprogram Foods](#)” in section 1.

nutrient-dense foods: Foods that provide substantial amounts of naturally occurring vitamins, minerals, and other nutrients with relatively few calories. Nutrient-dense foods include lean sources of protein and/or complex carbohydrates that are low in total fat and saturated fats. Examples include fruits, vegetables, whole grains, low-fat or nonfat dairy products, lean meat, skinless poultry, fish, eggs, and beans. Foods and beverages that are not nutrient dense provide calories from fat, added sugars and processed carbohydrates but relatively small amounts of nutrients (and sometimes none at all), unless they are fortified.

nutrient-rich foods: See “nutrient-dense foods” in this section.

nutrition standards for fluid milk substitutes: The nutrition requirements for nondairy beverages (such as soy milk) used as fluid milk substitutes in the USDA’s Child Nutrition Programs. The USDA requires that any fluid milk substitutes are nutritionally equivalent to cow’s milk and meet the following nutrients based on a serving of 1 cup (8 fluid ounces): 276 milligrams (mg) of calcium; 8 grams (g) of protein; 500 international units (IU) of vitamin A; 100 IU of vitamin D; 24 mg of magnesium; 222 mg of phosphorus; 349 mg of potassium; 0.44 mg of riboflavin; and 1.1 micrograms (mcg) of vitamin B-12. For more information, see the CSDE’s handout, *Milk Substitutes for Children without Disabilities in School Nutrition Programs*.

nutritive sweeteners: Sugars and sweeteners that contain calories and are used to sweeten foods and beverages. Examples include brown rice syrup, brown sugar, corn sweetener, corn syrup, corn syrup solids, dextrin, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, maple syrup, nectars (e.g., peach nectar, pear nectar), raw sugar, sorghum syrup, sucrose, and syrup.

portion: See “serving size” in this section.

reimbursable meals: Meals that comply with the requirements of the USDA regulations for Child Nutrition Programs.

reimbursable snacks: Snacks that comply with the requirements of the USDA regulations for the Afterschool Snack Program (ASP).

sales (*applies to state competitive foods regulations*): The exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages on school premises at any time. Sales also include fee-based programs and activities that include the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Potential sources of food and beverage sales in schools include cafeteria a la carte sales, vending machines, school stores, fundraisers, and any other sources selling foods and beverages to students on school premises. For more information, see “[Sales to Students](#)” in section 2.

sales (*applies to Smart Snacks*): The exchange of a determined amount of money for foods and beverages on school campus during the school day. Sales also include the purchase of coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages; fee-based programs and activities that include the cost of foods and beverages provided to students; and activities that suggest a student donation in exchange for foods and beverages. Potential sources of food and beverage sales in schools include cafeteria a la carte sales, vending machines, school stores, fundraisers, and any other sources selling foods and beverages to students on school premises. For more information, see “[Sales to Students](#)” in section 2.

School Breakfast Program (SBP): The USDA’s federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. The SBP provides nutritionally balanced, low-cost or free breakfasts to children each school day. The program was established under the Child Nutrition Act of 1966 to ensure that all children have access to a healthy breakfast at school to promote learning readiness and healthy eating behaviors. For more information, visit the CSDE’s [School Breakfast Program](#) webpage.

school campus (*applies to Smart Snacks*): All areas of the property under the jurisdiction of the school that are accessible to students during the school day.

school day: The period from the midnight before to 30 minutes after the end of the official school day. For example, if school ends at 3:00 p.m., the school day is from midnight to 3:30 p.m. Summer school programs operated by the school governing authority are part of the regular school day.

school food authority (SFA): The governing body that is responsible for the administration of one or more schools and has the legal authority to operate the USDA’s school nutrition programs, e.g., National School Lunch Program, School Breakfast Program, Afterschool Snack Program of the NSLP, Seamless Summer Option of the NSLP, Special Milk Program, and Fresh Fruit and Vegetable Program.

school premises (*applies to state competitive foods regulations*): All areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system (Connecticut Technical Education and Career System (CTECS)), or the governing authority district or school.

Seamless Summer Option (SSO) of the NSLP: The USDA’s federally assisted summer feeding program that combines features of the NSLP, SBP, and SFSP, and serves meals free of charge to children ages 18 and younger from low-income areas. School districts participating in the NSLP or SBP are eligible to apply to the CSDE to participate in the SSO. SSO meals follow the meal patterns of the NSLP and SBP. For more information, visit the CSDE’s [Seamless Summer Option \(SSO\) of the NSLP](#) webpage.

servicing size: The weight, measure or number of pieces or slices of a food, or volume of a beverage, provided to students. All foods and beverages are evaluated for compliance with Smart Snacks based on the amount served, including any added accompaniments. For more information, see “accompaniments” in this section.

side dishes (*applies to Smart Snacks*): All food items that do not meet the Smart Snacks definition for entrees. Examples include fruits and vegetables; pasta, rice, and cooked cereal grains, e.g., quinoa, bulgur, and bulgur; snack foods such as chips, crackers, popcorn, rice cakes, hard pretzels, pita chips, snack mix, and trail mix; breakfast cereals, e.g., cold ready-to-eat (RTE) cereals and cooked hot cereals such as oatmeal; nuts and seeds; peanut butter and other nut butters; dried meat snacks, e.g., beef jerky and meat sticks; bakery items, e.g., pastries, toaster pastries, muffins, waffles, pancakes, French toast, soft pretzels, rolls, and buns; desserts, e.g., cookies, brownies, cake, pie, and pudding; frozen desserts, e.g., frozen fruit bars, ice cream, and ice cream novelties; cereal bars and granola bars; cheese, e.g., low fat cheese sticks and low-fat cheese cubes; yogurt and soy yogurt; and school-made fruit/vegetable smoothies. For information on the general standards and nutrient standards for each Smart Snacks category, see the CSDE’s handouts, [Summary of Smart Snacks Nutrition Standards](#) and [Questions and Answers on Smart Snacks](#), and visit the CSDE’s [Smart Snacks](#) webpage.

Smart Snacks: The USDA’s federal nutrition standards for foods and beverages sold to students on school campus during the school day, separately from reimbursable meals and snacks in the USDA Child Nutrition Programs. Smart Snacks includes nutrition standards for entrees sold only a la carte, side dishes, and beverages. The USDA requires the Smart Snacks nutrition standards for all schools and institutions that participate in the NSLP and SBP. These standards were legislated by the final rule, [National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS/USDA of 2010](#) (81 FR 50131), effective July 1, 2014. For more information, see the CSDE’s handouts, [Summary of Smart Snacks Nutrition Standards](#) and [Questions and Answers on Smart Snacks](#), and visit the CSDE’s [Smart Snacks](#) webpage.

soft drinks (*applies to state competitive foods regulations*): Beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients. Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie, and zero calorie), sweetened beverages (with or without carbonation) that are not 100 percent juice (such as lemonade and fruit punch drinks), and flavored water with added sweeteners. For more information, see “[State Competitive Foods Regulations](#)” in section 1.

Special Milk Program (SMP): The USDA’s federally assisted program that provides milk to children in schools and child care institutions that do not participate in other federal meal service programs. The SMP reimburses schools for the milk they serve. Schools that participate in the NSLP or SBP may also participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where children do not have access to the school meal programs. For more information, visit the CSDE’s [Special Milk Program](#) webpage.

sugar alcohols (polyols): A type of carbohydrate used as sugar substitutes to sweeten foods and beverages. Sugar alcohols are incompletely absorbed and metabolized by the body, and contribute fewer calories than most sugars. They also perform other functions such as adding bulk and texture to foods. Common sugar alcohols include sorbitol, mannitol, xylitol, maltitol, maltitol syrup, lactitol, erythritol, isomalt, and hydrogenated starch hydrolysates (HSH). Products with sugar alcohols are often labeled “sugar free.” Consuming large amounts of sugar alcohols may cause bloating, gas, or diarrhea. For more information, see “nonnutritive sweeteners” in this section.

sugars: See “added sugars” and “simple carbohydrates” in this section.

Summer Food Service Program (SFSP): The USDA’s federally assisted summer feeding program for children ages 18 and younger that provides nutritious meals when schools end for the summer. For more information, visit the CSDE’s [Summer Food Service Program](#) webpage.

sweeteners: Nutritive and nonnutritive ingredients used to sweeten foods and beverages. Nutritive sweeteners provide calories. Nonnutritive sweeteners include artificial sweeteners and “natural” sweeteners that do not provide calories. For more information, see “added sugars,” “artificial sweeteners,” and “nonnutritive sweeteners” in this section.

whole foods: Foods that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars, or sodium.

whole fruits and vegetables: Fresh, frozen, canned, and dried fruits and vegetables that are unprocessed or minimally processed and do not contain added ingredients such as fat, sugars, or sodium.

whole grains: Grains that consist of the entire kernel, including the starchy endosperm, the fiber-rich bran, and the germ. All grains start out as whole grains, but many are processed to remove the bran and germ, which also removes many of the nutrients. Whole grains are nutrient rich, containing vitamins, minerals, fiber, antioxidants, and health-enhancing phytonutrients such as lignans and flavonoids. Examples of whole grains include whole wheat, whole oats, oatmeal, whole-grain cornmeal, brown rice, whole rye, whole barley, wild rice, buckwheat, and bulgur (cracked wheat). For more information, see the CSDE's handout, [Crediting Whole Grains in the NSLP and SBP](#).

whole grain-rich (WGR): The WGR definition for grades K-12 in the NSLP, SBP, and SSO is different from the WGR definition for preschool meals and ASP snacks. For grades K-12, WGR products must contain at least 50 percent whole grains, any other grain ingredients must be enriched, and any noncreditable grains must be less than two percent ($\frac{1}{4}$ ounce equivalent) of the product formula. For more information, see the CSDE's handout, [Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP](#), and the CSDE's guide, [Menu Planning Guide for School Meals for Grades K-12](#). For preschool meals in the NSLP, SBP, and SSO and preschool snacks in the ASP, WGR foods contain 100 percent whole grain or contain at least 50 percent whole grains and any other grain ingredients are enriched. For more information, see the CSDE's handout, [Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP](#), and the CSDE's guide, [Menu Planning Guide for Preschoolers in the NSLP, SBP, and ASP](#).



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