

# How to Evaluate Purchased Foods for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards](#) (CNS). The Connecticut State Department of Education's (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes brand-specific lists of commercially prepared food products that comply with the CNS and beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes. Schools should use this list to determine which commercial foods and beverages may be sold to students.

If a product is not included on the CSDE's List of Acceptable Foods and Beverages webpage, the district must determine if it complies with the CNS (foods) or the beverage requirements of state statute (beverages) **before** it is sold to students.

For products not listed, submit the product information to the CSDE for review. The CSDE's handout, [Submitting Food and Beverage Products for Approval](#), summarizes the information required to submit a product to the CSDE for review. Please submit all product information by e-mail to [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

Schools can use the CSDE's worksheets 1-8 to screen commercial products for compliance with the CNS.

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

These worksheets and additional guidance on evaluating foods and beverages are available in the “[Documents/Forms](#)” section of the [CNS](#) webpage. For guidance on evaluating foods made from scratch, see the CSDE's handouts, [How to Evaluate Foods Made from Scratch for Compliance with the Connecticut Nutrition Standards](#) and [Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards](#).

# How to Evaluate Purchased Foods for Compliance with the CNS

## Resources

Connecticut Nutrition Standards (CSDE webpage):

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

Ensuring District Compliance with HFC (CSDE):

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

Evaluating Foods for CNS Compliance (CSDE webpage):

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

Guidance on Evaluating Recipes for Compliance with the CNS (CSDE):

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

Healthy Food Certification (CSDE webpage):

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

How to Evaluate Foods Made from Scratch for Compliance with the Connecticut Nutrition Standards (CSDE):

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

List of Acceptable Foods and Beverages (CSDE webpage):

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

Section 10-221q of the Connecticut General Statutes:

[https://www.cga.ct.gov/current/pub/chap\\_170.htm#sec\\_10-221q](https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q)

Submitting Food and Beverage Products for Approval (CSDE):

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

Summary of Connecticut Nutrition Standards (CSDE):

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

Worksheet 1: Snacks (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet1.xlsx>

Worksheet 10: Evaluating Recipes for Sugars (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet10.xlsx>

Worksheet 3: Smoothies (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet3.xlsx>

Worksheet 4: Fruits and Vegetables (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet4.xlsx>

Worksheet 5: Soups (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet5.xlsx>

Worksheet 6: Cooked Grains (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet6.xlsx>

## How to Evaluate Purchased Foods for Compliance with the CNS

Worksheet 7: Entrees (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet7.xlsx>

Worksheet 8: Non-entree Combination Foods (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet8.xlsx>

Worksheet 9: Nutrient Analysis of Recipes (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNSworksheet9.xlsx>



For more information, visit the CSDE's [Healthy Food Certification](#) and [Connecticut Nutrition Standards](#) webpages, or contact the [HFC coordinator](#) at the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/HFC/EvaluatePurchasedCNS.pdf>.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 607, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).