

How to Evaluate Foods Made from Scratch 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). Before selling any foods made from scratch to students, schools must be able to document that the recipe's serving complies with the CNS. Schools must have recipes on file that indicate the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. Recipes with nutrition information are required for the two categories of foods below.

- **Foods prepared from scratch using a recipe:** Examples include entrees sold only a la carte (such as pizza, chef's salad, and chicken nuggets); soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.
- **Foods that have additional ingredients added after purchasing:** Examples include popping popcorn kernels in oil; assembling a sandwich; making muffins from a mix and adding butter and eggs; and adding sprinkles to commercial frozen cookie dough. Schools must create a recipe for these foods based on the specific amount of each ingredient, and conduct a nutrient analysis to determine the nutrition information per serving.



If the nutrition information per serving is missing, schools must conduct a nutrient analysis of the recipe. The Connecticut State Department of Education's (CSDE) handout, [Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards](#), summarizes the requirements and steps for conducting a nutrient analysis of recipes.

Schools can use the CSDE's worksheets to determine if a recipe's nutrition information per serving complies 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

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- Worksheet 8: Non-entree Combination Foods
- Worksheet 9: Nutrient Analysis of Recipes
- Worksheet 10: Evaluating Recipes for Sugars

These worksheets and additional guidance to assist schools with evaluating foods and beverages are available in the “[Documents/Forms](#)” section of the [CNS](#) webpage. For guidance on evaluating commercial foods, see the CSDE’s handout, [How to Evaluate Purchased Foods for Compliance with the Connecticut Nutrition Standards](#), and the CSDE’s [List of Acceptable Foods and Beverages](#) webpage.

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 Purchased Foods for Compliance with the CNS (CSDE):

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

Requirements for Competitive Foods in HFC Public Schools (CSDE):

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

Requirements for Food and Beverage Fundraisers in HFC Public Schools (CSDE):

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

Requirements for Foods and Beverages in School Stores in HFC Public Schools (CSDE):

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

Requirements for Foods and Beverages in Vending Machines in HFC Public Schools (CSDE):

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

Section 10-221q of the Connecticut General Statutes:

https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

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

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

Summary of Connecticut Nutrition Standards (CSDE):

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

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>

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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>.

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