

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Competitive Foods (Foods Available Outside of School Meals)

This list contains online resources on foods available outside of school meals including competitive foods and beverages (a la carte sales, vending machines, school stores and fundraisers), celebrations, food rewards and access to water. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to healthy school environments, see the Connecticut State Department of Education’s (CSDE) other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

Quick Tips: Click on the blue titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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For more information, visit the CSDE’s [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, susan.fiore@ct.gov.

This document is available at
www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesschoolfd.pdf.

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Alternatives to Food Rewards

Alternatives to Food Rewards

Alternatives to Food as Reward: Promoting a Healthy School Environment (CSDE, Revised November 2011):
www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/food_rewards.pdf

Alternatives to Using Food as a Reward (Michigan State University Extension, 2003):
<https://healthymeals.fns.usda.gov/hsmrs/Michigan/foodrewards.pdf>

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

Healthy Ways to Reward Kids (Alliance for a Healthier Generation):
www.healthiergeneration.org/_asset/tjc7f/12-5933_NonFoodRewards.pdf

Non-Food Ways to Raise Funds and Reward a Job Well Done (Texas Department of Agriculture, 2004):
www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf

Rewards and Incentives (NC Division of Public Health, NC Department of Public Instruction, NC Cooperative Extension and NC Action for Healthy Kids, 2005):
www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/rewards_incentives.pdf

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Celebrations

Celebrations

10 Tips: Make Celebrations Fun, Healthy & Active (USDA): www.choosemyplate.gov/ten-tips-make-celebrations-English-and-Spanish.

Celebrations (Alliance for a Healthier Generation):

www.healthiergeneration.org/take_action/schools/snacks_and_beverages/celebrations/

Celebrations & Rewards: Classroom Celebrations, Events, and Nonfood Rewards (Centers for Disease Control and Prevention): www.cdc.gov/healthyschools/npao/celebrations_rewards.htm

Ghoulishly Great Ideas for Halloween Parties and Trick-or-Treating (Center for Science in the Public Interest, 2005): <http://cspinet.org/new/pdf/halloween.pdf>

Tips to help parents, teachers, health professionals, and others create more healthful Halloween celebrations.

Healthy Celebrations (USDA Healthy Meals Resource System): <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-celebrations>

Healthy Celebrations: Promoting a Healthy School Environment (CSDE, Revised November 2011):

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Celebrations.pdf

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

Let's Celebrate! Ready to think outside the cake box? (Texas Department of Agriculture, 2005):

www.squaremeals.org/Portals/8/files/publications/Outside%20the%20Cake%20Box.pdf

Recipes for healthy celebrations.

Let's Party (West Virginia Department of Education): <https://wvde.state.wv.us/ocn-download/Forms/NSLP/TeamNutrition/Lets%20Party%20Book%20Single%20Page%20Layout.pdf>

Ideas and recipes for planning fun and healthy parties at school.

Let's Play: Innovative Games & Activities for Kids (West Virginia Department of Education, 2012):

<http://wvde.state.wv.us/nutrition/toolkit/partyoverview.html>

A resource for parents and educators when planning parties at home and school or for preparing nutritious snacks or nutrition education experiences. Contains a variety of games, activities, recipes, and tips also centered around twelve themes.

Nutrition Beyond the Café (Alliance for a Healthier Generation):

www.healthiergeneration.org/take_action/schools/snacks_and_beverages/

School Celebrations (North Carolina Action for Healthy Kids, 2007):

www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/school_celebrations.pdf

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Competitive Foods

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All Foods and Beverages Available on Campus (USDA Healthy School Meals Resource System):

<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/all-foods-available-campus/competitive-foods-and-beverages>

Links to resources to provide healthy choices in schools, such as cafeterias, school stores, vending machines, classrooms, and fundraisers.

Availability of Competitive Foods and Beverages: New Findings from U.S. Elementary Schools (Bridging the Gap Research Brief, Robert Wood Johnson Foundation, June 2010):

www.bridgingthegapresearch.org/_asset/qvb125/BTG_Brief_Competitive_Foods_Beverages_June_2010_final.pdf

Competitive Foods and Beverages in U.S. Schools: A State Policy Analysis (Centers for Disease Control and Prevention, 2012) www.cdc.gov/healthyschools/nutrition/pdf/compfoodsbooklet.pdf

Competitive Foods in Schools (Centers for Disease Control and Prevention):

www.cdc.gov/healthyschools/nutrition/standards.htm

Health Impact Assessment: National Nutrition Standards for Snack and a la Carte Foods and Beverages Sold in Schools (Robert Wood Johnson Foundation and The Pew Charitable Trusts, 2012): www.pewtrusts.org/en/research-and-analysis/reports/0001/01/01/health-impact-assessment-national-nutrition-standards-for-snack-and-a-la-carte-foods-and-beverages-sold-in-schools

Considers the possible health and financial impacts of the USDA's nutrition standards for competitive school foods. Includes a summary of current research and a review of existing state policies' guidelines on snack and a la carte foods and beverages sold in schools.

Limiting Unhealthy Foods (ChangeLab Solutions): www.changelabsolutions.org/landing-page/limiting-unhealthy-foods
Resources to help communities limit access to junk foods and beverages and make it easier to find healthier products.

Restricting Food and Beverage Marketing in Schools (ChangeLab Solutions, 2017):

www.changelabsolutions.org/publications/fact-sheet-school-food-ads

School Foods Sold Outside of Meals (Competitive Foods): A Research Brief (Robert Wood Johnson Foundation, May 2007): <http://childnutrition.ncpublicschools.gov/information-resources/competitive-foods/research-brief.pdf>

School Meal Programs: Competitive Foods Are Widely Available and Generate Substantial Revenues for Schools (GAO-05-563) (Government Accountability Office, August 8, 2005): www.gao.gov/new.items/d05563.pdf

Smart Snacks (Centers for Disease Control and Prevention): www.cdc.gov/healthyschools/npao/smartsnacks.htm

Links to many resources on competitive foods in schools, including reports, resources, and fact sheets for parents, school staff, school food service, and students.

Smart Snacks in Schools (The Pew Charitable Trusts):

www.pewtrusts.org/en/research-and-analysis/collections/2014/08/smart-snacks-in-schools

Resources about the standards for school snacks and how they can improve kids' health.

State and National School Snack Policies: How they compare (The Pew Charitable Trusts):

www.pewtrusts.org/en/research-and-analysis/fact-sheets/2015/01/state-and-national-school-snack-policies

Fact sheets and data tables that compare each state's snack food and beverage policies with the USDA's Smart Snacks standards

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Connecticut Nutrition Standards

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Allowable Beverages in Connecticut Public Schools (CSDE, 2015):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/allowbev.pdf

Beverage Requirements (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

Comparison of the U.S. Department of Agriculture's (USDA) Competitive Foods Standards and the Connecticut Nutrition Standards (CSDE, Revised 2017):

www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/HFC/CNSComparisonChart.pdf

Competitive Foods (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333772

Information and resources on the state and federal requirements for foods sold outside of school meals.

Connecticut Competitive Foods Regulations (Sections 10-215b-1 and 10-215b-23)):

www.sots.ct.gov/sots/lib/sots/regulations/title_10/215b.pdf

Connecticut Competitive Foods Regulations (CSDE, 2015):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/ctcfreg.pdf

Connecticut Nutrition Standards (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322422

Guide to Competitive Foods in Schools (CSDE, 2015): www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks

Healthy Food Certification (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

List of Acceptable Foods and Beverages (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432

A brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute.

Nutrition Standards for Foods in Schools: Leading the Way toward Healthier Youth (Institute of Medicine, April 2007):

<http://iom.nationalacademies.org/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>

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

(CSDE, February 11, 2014): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/opmemos/14/om11-14.pdf

Requirements for School Foods and Beverages (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322416

Information and resources on the federal and Connecticut requirements for foods and beverages sold and served outside of school meals.

Resources for Healthy Foods and Beverages in Schools (CSDE, Revised 2017):

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/resourceshf.pdf

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Financial Impact of Healthy Foods

Arizona Healthy School Environment Model Policy Implementation Study (Arizona Department of Education, 2005):

<http://files.eric.ed.gov/fulltext/ED485901.pdf>

Study with eight pilot schools found no negative financial impacts after making healthy changes to a la carte food selections in the cafeteria, vending and school stores.

Controlling Junk Food and the Bottom Line: Case Studies of Schools Successfully Implementing Strong Nutrition Standards for Competitive Foods and Beverages (Illinois Public Health Institute and University of Illinois at Chicago, 2013):

http://iphionline.org/pdf/IPHI_Controlling_Junk_Food_Report_32113.pdf

Dollars and Sense: The Financial Impact of Selling Healthier School Foods (The Center for Weight and Health, University of California, Berkeley, 2007):

http://archive.calendow.org/uploadedFiles/Health_Happends_Here/In_Schools/Dollars_and_Sense_FINALE.pdf

Summarizes the impact of implementing California's nutrition standards (SB19) in 15 middle schools and 5 high schools. The study found that meal participation increased and that when students buy more meals and fewer snack foods, food service revenues increase. Increases in meal revenues more than compensated for any losses in competitive food and beverage sales.

Financial Impacts of Nutrition Standards for Snacks Sold in Schools (Kids' Safe and Healthful Foods Project, 2012):

www.healthyschoolfoodsnow.org/financial-impacts-of-nutrition-standards-for-snacks-sold-in-schools/

Implementing Strong Nutrition Standards for Schools: Financial Implications (Centers for Disease Control and Prevention, 2003): www.cdc.gov/healthyyouth/nutrition/pdf/financial_implications.pdf

Making It Happen! School Nutrition Success Stories (U.S. Department of Agriculture, 2005):

www.nfsmi.org/Foundations/lesson4/F4_05MakeItHappen.pdf

Highlights 32 schools and school districts that implemented innovative approaches to improve the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. The most consistent theme emerging from the stories is that students will buy and consume healthful foods and beverages and schools can make money from healthful options.

Schools and School Districts That Have Improved School Foods and Beverages and Not Lost Money (Center for Science in the Public Interest, February 2007):

https://cspinet.org/sites/default/files/attachment/school_vending_machine_case_studies.pdf

Documents success stories at 13 schools that made healthy changes and either maintained or increased income.

The Economic Impact of National School Nutrition Standards on Schools and the Beverage Industry (Center for Science in the Public Interest, May 2012): http://cspinet.org/new/pdf/economic_impact_school_nutrition_standards.pdf

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Fundraisers

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

A Fresh Look at Healthy Fundraisers for Schools (East & Central Harlem District Public Health Office and the Strategic Alliance for Health, Winter 2010): www1.nyc.gov/assets/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf

Best Practices for Healthy School Fundraisers (USDA, August 2014):
www.fns.usda.gov/best-practices-healthy-school-fundraisers

Creative Financing and Fun Fundraising (California Project Lean, California Department of Health Services, Revised 2010): www.co.shasta.ca.us/HHSA/CommunityPartners/Creative_Fundraising.sflb.ashx

Fundraising (Alliance for a Healthier Generation):
www.healthiergeneration.org/take_action/schools/snacks_and_beverages/fundraisers/

Healthy Fundraisers: Promote Family Health and Well-Being (Action for Healthy Kids (No date)):
www.actionforhealthykids.org/storage/documents/parent-toolkit/fundraisers-family-health-fl.pdf

Healthy Fundraising (USDA Healthy Meals Resource System): <http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-elements/healthy-fundraising>

Healthy Fundraising/Health Related Fundraising (Fundraiser Finder):
www.fundraiser-finder.com/fundraising-cat/healthy.php
Commercial site with links to businesses that sell healthy products.

Healthy Fundraising: Promoting a Healthy School Environment (CSDE, Revised November 2011):
www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Healthy_Fundraising.PDF

Non-Food Ways to Raise Funds and Reward a Job Well Done (Texas Department of Agriculture, 2004):
www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf

School Fundraising Tool Kit (Eat Smart Move More North Carolina):
www.eatsmartmovemorenc.com/SchoolFundraisingTlkt/SchoolFundraisingTlkt.html

Sweet Deals: School Fundraising Can Be Healthy and Profitable Center for Science in the Public Interest, 2007):
www.cspinet.org/schoolfundraising.pdf
This report dispels a number of myths about the need to sell junk food in schools and provides contact information for more than 60 companies that offer healthy fundraising options.

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Healthy Food Certification

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Application for Healthy Food Certification (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322424

Connecticut Nutrition Standards (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322422

Contact Information for Vendors Selling Food and Beverages Listed on the CSDE's List of Acceptable Foods and Beverages (CSDE): www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/fblist/vendorcontact.pdf

Evaluating Foods for Compliance with Connecticut Nutrition Standards (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322430

Healthy Food Certification (CSDE): Information and resources on Connecticut's healthy food certification.
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322420

Healthy Food Certification Documentation (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322428

Healthy Food Certification Requirements (CSDE): Information and resources on Connecticut's healthy food certification. www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426

Guide to Competitive Foods in Schools (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf

List of Acceptable Foods and Beverages (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322432
A brand-specific list of food products that meet the Connecticut Nutrition Standards and beverages that meet the requirements of state statute.

Questions and Answers on Connecticut Statutes for School Foods and Beverages (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/hfc/cgsqa.pdf

Requirements for Healthy Food Certification (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322426

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Healthy Snacks

Healthy Snacks

25 Healthy Snacks for Kids (Academy of Nutrition and Dietetics, 2014):

www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/25-healthy-snacks-for-kids

Healthy School Snacks (Center for Science in the Public Interest):

<https://cspinet.org/protecting-our-health/nutrition/healthy-school-snacks>

Kid-friendly Healthy Snack Recipes (Dairy Council of California):

www.healthyeating.org/Healthy-Kids/Kid-Friendly-Recipes/Snacks.aspx

Suggestions for Nutritious Snacks (Texas Department of Agriculture, 2006):

www.squaremeals.org/Portals/8/files/publications/Nutritious%20Snack%20Broch2.pdf

Handout in English and Spanish on healthy snacks for home and school.

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Smart Snacks Nutrition Standards (USDA)

Smart Snacks Nutrition Standards (USDA)

- A Guide to Smart Snacks in Schools* (USDA, July 2016): www.fns.usda.gov/tn/guide-smart-snacks-schools
Provides an overview of Smart Snacks Standards and how to tell if a food or beverage meets the requirements
- Best Practices for Healthy School Fundraisers (Brochure)* (U.S. Department of Agriculture, August 2014):
www.fns.usda.gov/best-practices-healthy-school-fundraisers
- Interim Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School* (Federal Register, Vol. 78, No. 125, June 28, 2013): www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf
- Food and Beverage Requirements for Fundraisers (Public Schools Not Choosing HFC)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundnonhfc.pdf
- Food and Beverage Requirements for Fundraisers (Private Schools and RCCIs)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/fundpr.pdf
- Food and Beverage Requirements for School Stores (Public Schools Not Choosing HFC)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storenonhfc.pdf
- Food and Beverage Requirements for School Stores (Private Schools and RCCIs)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/storepr.pdf
- Food and Beverage Requirements for Vending Machines (Public Schools Not Choosing HFC)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendnonhfc.pdf
- Food and Beverage Requirements for Vending Machines (Private Schools and RCCIs)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/vendpr.pdf
- Guide to Competitive Foods in Schools* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/cfg.pdf
- Overview of Requirements for Competitive Foods (Public Schools Not Choosing HFC)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/PDF/DEPS/nutrition/cf/reqnonhfc.pdf
- Overview of Requirements for Competitive Foods (Private Schools and RCCIs)* (CSDE, Revised 2017):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/reqpr.pdf
- Smart Snacks (Centers for Disease Control and Prevention): www.cdc.gov/healthyschools/npao/smartsnacks.htm
Links to many resources on competitive foods in schools, including reports, resources, and fact sheets for parents, school staff, school food service, and students.
- Smart Snacks Calculator (Alliance for a Healthier Generation):
www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/
- Smart Snacks in School Infographic* (U.S. Department of Agriculture, October 2014):
www.fns.usda.gov/sites/default/files/allfoods_infographic.pdf
- Smart Snacks Nutrition Standards (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&pm=1&Q=335400
Information and resources on the USDA Smart Snacks nutrition standards for foods and beverages sold outside of school meals.
- Smart Snacks Product List* (Alliance for a Healthier Generation):
www.healthiergeneration.org/live_healthier/eat_healthier/alliance_product_navigator/browse_products/?product_category_id=720
- Smart Snacks in School: Questions and Answers (QAs) Regarding the Interim Final Rule* (CSDE, 2015):
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/QASmartSnacks.pdf
Includes Connecticut requirements.
- Smart Snacks in School Resources (U.S. Department of Agriculture):
<http://healthymeals.nal.usda.gov/smartsnacks>

Smart Snacks Nutrition Standards (USDA)

Smart Snacks in School (Alliance for a Healthier Generation):

[www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/
Steps for success.](http://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/Steps_for_success)

Summary of Smart Snacks Standards (CSDE): www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/cf/smartsnacks.pdf

Tools for Schools: Focusing on Smart Snacks (U.S. Department of Agriculture):

www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks

USDA Smart Snacks in School Beverage Guidelines (Alliance for a Healthier Generation):

<http://healthymeals.nal.usda.gov/hsmrs/SmartSnacks/BeverageGuidelines.pdf>

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Water Access

Water Access

Increasing Access to Drinking Water in Schools (Centers for Disease Control and Prevention, 2014):
www.cdc.gov/healthyschools/npao/pdf/water_access_in_schools_508.pdf

Make Water Available Throughout the Day (from *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*) (U.S. Department of Agriculture, June 2013):
www.fns.usda.gov/sites/default/files/water.pdf

Water Access in Schools: Model Wellness Policy Language (ChangeLab Solutions, 2012):
www.changelabsolutions.org/publications/wellness-policy-water

Water Access (Centers for Disease Control and Prevention): www.cdc.gov/healthyschools/npao/wateraccess.htm

Water in Schools (California Food Policy Advocates, 2010): <http://waterinschools.org/>
Web-based toolkit that provides information to promote water consumption in schools.

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