

# Connecticut Nutrition Standards (CNS)



CONNECTICUT STATE  
DEPARTMENT OF EDUCATION

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

# About this Presentation

- This presentation provides general guidance regarding the CNS under Section 10-215e of the Connecticut General Statutes (CGS)
- For specific questions or technical assistance, please contact the Connecticut State Department of Education (see slides 258-259)

# Disclaimer

- **The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE**
- **Product names are used solely for clarification in evaluating foods for compliance with the CNS**

# Abbreviations

|             |  |
|-------------|--|
| <b>CGS</b>  | <b>Connecticut General Statutes</b>              |
| <b>CNS</b>  | <b>Connecticut Nutrition Standards</b>           |
| <b>CSDE</b> | <b>Connecticut State Department of Education</b> |
| <b>FDA</b>  | <b>Food and Drug Administration</b>              |
| <b>HFC</b>  | <b>Healthy Food Certification</b>                |
| <b>NSLP</b> | <b>National School Lunch Program</b>             |
| <b>PFS</b>  | <b>product formulation statement</b>             |
| <b>RTE</b>  | <b>ready-to-eat</b>                              |
| <b>USDA</b> | <b>U.S. Department of Agriculture</b>            |

# Contents

| <b>Topic</b>                                      | <b>Slides</b>  |
|---|----------------|
| <b>Overview of CNS</b>                            | <b>6-15</b>    |
| <b>Food Exemptions</b>                            | <b>16-24</b>   |
| <b>CNS Categories</b>                             | <b>25-73</b>   |
| <b>General Standards</b>                          | <b>74-184</b>  |
| <b>CNS Nutrient Standards</b>                     | <b>185-210</b> |
| <b>Evaluating Commercial Foods</b>                | <b>211-220</b> |
| <b>Evaluating Foods Made from Scratch</b>         | <b>221-236</b> |
| <b>Other Requirements for Foods and Beverages</b> | <b>237-246</b> |
| <b>More Resources</b>                             | <b>247-257</b> |
| <b>CSDE Contact Information</b>                   | <b>258-259</b> |

# Overview of CNS



[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215e](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e)

# Overview of CNS

- Developed in 2006, as required by Section 10-215e of the Connecticut General Statutes (CGS)
- Based on current nutrition science and national health recommendations
  - Dietary Guidelines for Americans
  - National health organizations
- Reviewed annually by state nutrition committee and revised as needed



# Overview of CNS

- Meets or exceeds USDA's Smart Snacks nutrition standards
- Promotes increased consumption of nutrient-rich foods
  - Limits calories, total fat, saturated fat, trans fat, sodium, and sugars
  - Prohibits ingredients with questionable health effects, such as nonnutritive sweeteners, chemically altered fat substitutes, caffeine, significant fortification, and nutrition supplements



# Overview of CNS

- Applies to all grade to all foods sold to students separately from reimbursable meals (*competitive foods*) in public school districts that choose the healthy food option of Healthy Food Certification (HFC) under CGS Section 10-215f
- Allows food exemptions that meet specific criteria





# Sources of Competitive Foods

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

# Other Potential Sources of Competitive Foods \*

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

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

For detailed guidance, see the CSDE's *Guide to Competitive Foods in HFC Public Schools* (see slide 253)

# Sale

The exchange of a determined amount of *money or its equivalent* (such as coupons, tickets, tokens, and similar items) for foods and beverages, including

- programs and activities that charge a fee that includes the cost of foods and beverages provided to students
- activities that suggest a student donation in exchange for foods and beverages



# School Premises

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



# To be sold to students on school premises

- Competitive foods must meet
  1. at least one of the three CNS general standards (see slides 75) **AND**
  2. all CNS nutrient standards for the appropriate food category (see slides 185-210)
- Foods that do not meet these requirements can only be sold at *events* that meet the exemption criteria (see slides 17-24)

# Food Exemptions



# Food Exemptions

- Foods that do not comply with the CNS cannot be sold to students unless
  - the board of education or governing authority *votes* to allow food exemptions (part of the district's annual HFC statement) **AND**
  - the sales meet the *three exemption criteria* (see slides 17-24)

Sales must also comply with other state requirements (see slides 237-246)

# Exemption Criteria for Foods

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend



2. The sale is at the *location* of the event

3. The foods are not sold from a vending machine or school store

# Regular School Day

The period from *midnight before to 30 minutes after* the end of the official school day



## Example

- If the school officially ends at 3:00 PM, the school day is from midnight through 3:30 PM
- If the board has voted to allow exemptions, noncompliant foods could be sold at the location of an event held anytime from 3:31 PM through 11:59 PM

# Event

An occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity



| Event              | Not an event           |
|--------------------|------------------------|
| soccer game        | soccer practice        |
| high school debate | debating team practice |
| school play        | play rehearsals        |
| school chess match | chess club             |

# Examples of Events \*

- Awards banquets
- Boy Scout Blue & Gold Dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Field days
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School dances
- School fairs, e.g., health, science, and math
- Silent auctions
- Sports banquets
- Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball, and cross country
- Talent shows
- Theatrical productions

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

Contact the CSDE to determine whether specific district fundraising activities meet the definition of event

## Location

The *same place* where the event is being held

### Example

If a school allows food exemptions, cupcakes could be sold on the side of the baseball field during a baseball game, but cannot be sold in the school cafeteria while a baseball game is being played on the baseball field



# Exemptions Never Allowed for Non-events such as

- Afterschool programs and activities
- Cafeteria a la carte sales
- Classes, e.g., culinary programs, family and consumer sciences
- Fundraisers that are not held at an event
- Meetings
- School stores
- Sports practices
- Vending machines
- Any other programs or activities that are not events

All foods sold from these sources must *always* comply with the CNS

# CSDE Resource

## Exemptions for Foods and Beverages in Public Schools

- Provides guidance and specific motion language for exemptions

### Exemptions for Foods and Beverages in Public Schools

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

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

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

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

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

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

Connecticut State Department of Education • Revised January 2020 • Page 1 of 7

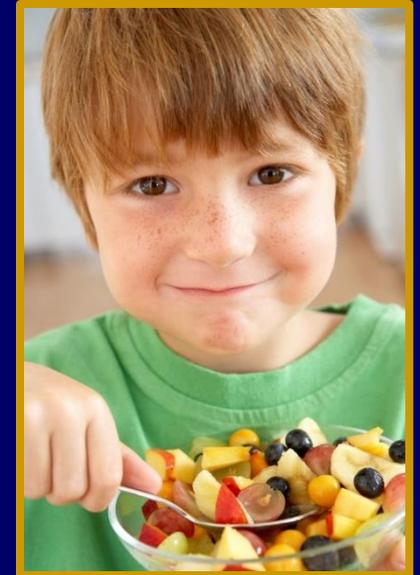
<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FoodBeverageExemptions.pdf>

# CNS Categories



# Six CNS Food Categories

1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains such as rice, pasta, and quinoa
5. Soups
6. Fruits and vegetables



# CNS Category 1: Snacks



# Examples of Foods in Snacks Category

- Chips
- Crackers
- Popcorn
- Rice cakes
- Hard pretzels
- Pita chips
- Snack mix
- Breakfast cereals (e.g., cold RTE cereals and cooked hot cereals such as oatmeal)
- Trail mix
- Nuts and seeds
- Peanut butter and other nut/seed butters
- Meat snacks (e.g., jerky and meat sticks)
- Cookies, cereal bars, granola bars
- Bakery items (e.g., pastries, toaster pastries, muffins, waffles, pancakes)
- French toast
- Soft pretzels, and rolls)
- Frozen desserts, ice cream (including ice cream novelties)
- Cheese
- Pudding
- Yogurt
- Smoothies made with low-fat yogurt and fruits/vegetables/100 percent juice

# CNS Category 2: Entrees

## Sold Only A La Carte



# Entrees Sold Only A La Carte

CNS applies *only* to entrees sold *only a la carte*, i.e., entrees that are *not* part of a reimbursable meal



# Entree Exemptions

- Entree items that are sold a la carte during the *meal service on the same day* that they are planned and served as part of reimbursable school meals are *exempt* from CNS if they
  - are the same or smaller portion size
  - have the same accompaniments
  - meet the trans fat standard
  - do not contain artificial sweeteners, nonnutritive sweeteners, sugar alcohols, or chemically altered fat substitutes



# Entree Exemptions



- Entree exemptions *do not apply to any other reimbursable meal items that are also sold a la carte* such as fruits, vegetables, soups, breads, rice, and pasta
- **Examples**
  - French fries that are part of a reimbursable meal cannot be sold a la carte unless they meet the CNS for the fruits and vegetables category
  - Muffins that are part of a reimbursable meal cannot be sold a la carte unless they meet the CNS for the snacks category

# Entrees sold only a la carte must meet

1. the CNS entree definition **AND**
2. at least one of the three CNS general standards (entrees that contain grains must also meet the WGR standard) **AND**
3. all CNS nutrient standards for the entree category



# CNS Entree Definition

Three categories of *main dish* food items

**1.** A combination food of *meat/meat alternate and WGR food*

- If the entree contains grains, the grain portion must meet the WGR general standard (see slide 77)



# CNS Entree Definition

Three categories of *main dish* food items

2. A combination food of meat/meat alternate and vegetable/fruit



# CNS Entree Definition

Three categories of *main dish* food items

3. A *meat/meat alternate* alone excluding

- yogurt \*
- low-fat or reduced fat cheese \*
- nuts, seeds, nut/seed butters \*
- meat snacks, e.g., jerky and meat sticks \*



\* These foods are not main dish items, and must be evaluated under the snacks category

# CNS Entree Definition

- The CNS entree definition is *different* from the NSLP and SBP
- Foods defined by the menu planner as *entrees in the NSLP or SBP* might not meet the CNS definition for entrees
  - **Example:** A menu planner might feature French toast and pancakes as the “entree” for lunch, but these foods do not meet the CNS entree definition because they do not contain a meat/meat alternate (they are in the CNS snack category)



# Evaluating Entrees for CNS Compliance

- Based on *amount served* including any added accompaniments, such as
  - hamburger with ketchup
  - chicken nuggets with dipping sauce
  - taco with taco sauce
  - stir-fry chicken with duck sauce
- See slides 201-202 for more information on accompaniments



# Test Your Knowledge: Is it an entree?



# Test Your Knowledge: Is it an entree?

Indicate if each food item meets the CNS entree definition

- Products that meet the entree definition and are *sold as part of reimbursable meals* can be sold a la carte during the meal service on the *same day* that they are served as part of reimbursable meals
- Products that meet the entree definition and are *sold only a la carte* must meet at least one of the three CNS general standards and all of the CNS nutrient standards for the entree category



# Product 1: Cheese Pizza with WGR Crust

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 1: Cheese Pizza with WGR Crust

Answer

- Combination food of meat/meat alternate and WGR food \***
  - Combination food of meat/meat alternate and vegetable/fruit**
  - Meat/meat alternate alone**
  - Not an entree**
- \* Cheese = meat/meat alternate  
WGR crust = WGR food**



## Product 2: Low-fat Cheese Stick

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



## Product 2: Low-fat Cheese Stick

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree: *Cheese served alone is in the CNS snacks category (see slide 36)***



## Product 3: Three-bean Vegetarian Chili

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



## Product 3: Three-bean Vegetarian Chili

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit \***
- Meat/meat alternate alone
- Not an entree



- \* Tomato sauce = vegetables
- Beans (legumes) = meat/meat alternate

# Product 4: Vegetable Egg Roll (Whole-grain Wrapper), CN Labeled

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



## Product 4: Vegetable Egg Roll (Whole-grain Wrapper), CN Labeled

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree: *Does not contain a meat/meat alternate***



# Product 5: Chicken Vegetable Stir-fry

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 5: Chicken Vegetable Stir-fry

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit \***
- Meat/meat alternate alone
- Not an entree



**\* Chicken = meat/meat alternate  
Vegetables = vegetable**

# Product 6: Breaded Chicken Breast on Enriched Bun

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 6: Breaded Chicken Breast on Enriched Bun

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree: *Grain portion is not WGR***



# Product 7: Chicken Nuggets with Enriched Breading

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 7: Chicken Nuggets with Enriched Breading

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree: *Grain portion is not WGR***



# Product 8: Chicken Nuggets with Whole-grain Breading

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 8: Chicken Nuggets with Whole-grain Breading

Answer

- Combination food of meat/meat alternate and WGR food \***
- Combination food of meat/meat alternate and vegetable/fruit**
- Meat/meat alternate alone**
- Not an entree**



**\* Chicken = meat/meat alternate  
WGR breading = WGR food**

# Product 9: Low-fat Yogurt

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



## Product 9: Low-fat Yogurt

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree: *Yogurt served alone is in the CNS snacks category (see slide 36)***



# Product 10: Yogurt and Fruit Parfait

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 10: Yogurt and Fruit Parfait

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit \***
- Meat/meat alternate alone
- Not an entree



\* Yogurt = meat/meat alternate  
Fruit = fruit

# Product 11: Yogurt and Fruit Smoothie

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 11: Yogurt and Fruit Smoothie

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit \***
- Meat/meat alternate alone
- Not an entree



\* Yogurt = meat/meat alternate  
Fruit = fruit

# Product 11: Nuts and Seeds

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree



# Product 11: Nuts and Seeds

Answer

- Combination food of meat/meat alternate and WGR food
- Combination food of meat/meat alternate and vegetable/fruit
- Meat/meat alternate alone
- Not an entree: *Nuts and seeds are in the CNS snacks category (see slide 36)***



# CNS Category 3: Non-entree Combination Foods



# Non-entree Combination Foods

- **Nutrient-rich combination foods that do not meet the entree definition, such as**
  - **WGR vegetable egg rolls**
  - **carrot sticks with peanut butter**
  - **vegetables with hummus dip**



# CNS Category 4: Cooked Grains



# Cooked Grains Category

- Cooked grains such as rice, pasta, and quinoa
- Does not include cooked breakfast cereals such as oatmeal
  - Cooked breakfast cereals are in the snacks category



# CNS Category 5: Soups



# Soups Category

- Ready-to-serve
- Canned
- Frozen
- Rehydrated



# CNS Category 6: Fruits and Vegetables



# Fruits and Vegetables

- Fresh
- Frozen
- Canned
- Dried, including fruit snacks that are 100 percent fruit)



# Exemption for Fruits and Vegetables

CNS does not apply to

- *Fresh and frozen fruits and vegetables* with no added ingredients except water
- *Canned fruits with no added ingredients* except water or that are packed in 100% juice, extra light syrup, or light syrup
- *Low sodium/no salt added canned vegetables* with no added fats



# General Standards



# Three General Standards

The product is a food that

**1.** is whole grain-rich (WGR)

**OR**

**2.** contains a food group as the first ingredient

**OR**

**3.** is a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable per serving



# General Standard 1: Whole Grain-rich



# General Standard 1:WGR \*

- To meet this standard, a food must meet three WGR criteria
  1. Contains *at least 50%* whole grains by weight
  2. Any other grain ingredients are *enriched*
  3. Complies with limit for *noncreditable grains*



\* Same as WGR requirement for school meals

# CSDE Resource

## Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP

- Guidance on how to determine if a food is WGR
- Applies to the WGR general standard for the CNS and the WGR requirement for school meals

**Whole Grain-rich Criteria for Grades K-12 in the National School Lunch Program and School Breakfast Program**

This guidance applies to the meal patterns for grades K-12 in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. The whole grain-rich (WGR) requirement does not apply to grades K-12 in the Afterschool Snack Program (ASP). For additional guidance on the grains component for grades K-12, see the Connecticut State Department of Education's (CSDE) guide, *Menu Planning Guide for School Meals for Grades K-12*.

For guidance on the WGR requirement for the meal patterns for preschoolers (ages 1-4) in the NSLP, SBP, SSO, and ASP, see the CSDE's handout, *Whole Grain-rich Criteria for Preschoolers in the NSLP, SBP, and ASP*. For a comparison of the USDA's requirements for the grains component in the meal patterns for grades K-12 and preschoolers in the NSLP, SBP, SSO, and ASP, see the CSDE's handout, *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.



**Note:** The WGR criteria for competitive foods under the Connecticut Nutrition Standards (CNS) are the same as the WGR criteria for school meals. The CNS applies to all foods sold separately from reimbursable meals in public schools that choose the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes. Grain foods sold separately from school meals in HFC public schools must be WGR and meet the CNS limits for calories, fat, saturated fat, trans fat, sodium, and sugars. Snack products that meet these criteria are listed on the CSDE's *List of Acceptable Foods and Beverages* webpage. For more information, visit the CSDE's HFC and CNS webpages.

The NSLP and SBP meal patterns for grades K-12 require that all grains must be WGR or enriched. Ready-to-eat (RTE) breakfast cereals must be WGR, enriched, or fortified.

Effective July 1, 2019, the USDA's final rule, *Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements*, requires that at least half of the weekly grains offered at lunch and breakfast must be WGR. Previously, the NSLP and SBP meal patterns for grades K-12 required that all grains were WGR. The CSDE strongly encourages SFAs to continue to serve only WGR grains, and offer 100 percent whole grains most often. This provides the best nutrition for children.

SFAs may calculate the menu's percentage of WGR grains using the CSDE's Excel worksheet, *Calculating Weekly Percentage of Whole Grain-rich Menu Items in the NSLP and ASP*. For more information,

Connecticut State Department of Education • Revised November 2019 • Page 1 of 32

# Three Methods to Determine if Food Meets WGR Criterion 1 (50% whole grain)

1. Whole grain is *first* ingredient, with exception for water **OR**
2. Manufacturer's packaging or *product formulation statement (PFS)* documents that product contains the minimum amount of whole grains
  - at least 8 grams per ounce equivalent for groups A-G in USDA's ounce equivalent chart
  - at least ¼ cup or 14 grams per ounce equivalent for group H in USDA's ounce equivalent chart **OR**
3. Product's packaging contains *FDA's whole grain health claim* (not common)

# USDA's Ounce Equivalents Chart

## ■ Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP

- **Groups A-G:** Baked goods such as bread, crackers, and muffins
- **Group H:** Cereal grains such as pasta, rice, and cooked breakfast cereals
- **Group I:** RTE breakfast cereals

| Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program  |                                    |
|--|------------------------------------|
| <p>The chart below shows the required amounts (ounce equivalents (oz eq)) for whole grain-rich (WGR) and enriched foods that contribute to the grains component of the U.S. Department of Agriculture's (USDA) meal patterns for grades K-12 in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. For guidance on identifying WGR and enriched grains, see the Connecticut State Department of Education's (CSDE) handouts, <i>Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP</i>, <i>Crediting Whole Grains in the NSLP and SBP</i>, and <i>Crediting Enriched Grains in the NSLP and SBP</i>. <b>Note:</b> At least half of the weekly grains offered at lunch and breakfast must be WGR.</p> <p>This chart applies to creditable commercial grain products. It may also be used for creditable grain foods made on site, if the standardized recipe indicates the weight of the prepared (cooked) serving. For more information, see the CSDE's handout, <i>Calculation Methods for Grain Ounce Equivalents for Grades K-12 in the NSLP and SBP</i>.</p> <p>Each grain group includes similar products based on their average grain content. Some grain products are high in sugar, salt and fat, e.g., grain-based desserts such as graham crackers, granola bars, cookies, cake, and pastries. This should be a consideration when deciding how often to serve them. Grain-based desserts are designated with the footnote: 1 (allowed for lunch and breakfast) or 2 (allowed only for lunch). They cannot exceed 2 ounce equivalents per week at lunch.</p> |                                    |
| Group A  | Oz Eq for Group A                  |
| Bread sticks, hard   |                                    |
| Bread-type coating   |                                    |
| Chow mein noodles  | 1 oz eq = 22 grams or 0.8 ounce    |
| Crackers, savory, e.g., saltines and snack crackers  | 1/2 oz eq = 17 grams or 0.6 ounce  |
| Croissants   | 1/2 oz eq = 11 grams or 0.4 ounce  |
| Pretzels, hard   | 1/2 oz eq = 6 grams or 0.2 ounce   |
| Stuffing, dry <b>Note:</b> weights apply to bread in stuffing  |                                    |
| Group B  | Oz Eq for Group B                  |
| Bagels   |                                    |
| Batter-type coating  |                                    |
| Biscuits   |                                    |
| Breads, e.g., sliced whole wheat, French, Italian  |                                    |
| Buns, hamburger and hot dog  |                                    |
| Crackers, sweet, e.g., graham crackers and animal crackers, all shapes <sup>1</sup>  | 1 oz eq = 28 grams or 1 ounce      |
| Egg roll skins   | 1/2 oz eq = 21 grams or 0.75 ounce |
| English muffins  | 1/2 oz eq = 14 grams or 0.5 ounce  |
| Pita bread, whole wheat or whole-grain rich  | 1/2 oz eq = 7 grams or 0.25 ounce  |
| Pizza crust  |                                    |
| Pretzels, soft   |                                    |
| Rolls, whole wheat or whole-grain rich   |                                    |
| Taco shells, whole wheat or whole corn   |                                    |
| Tortilla chips, whole wheat or whole corn  |                                    |
| Tortillas, whole wheat or whole corn   |                                    |

Connecticut State Department of Education • Revised November 2019 • Page 1 of 5

# How to determine if a food contains at least 50% whole grain is different for

- *Grain products* such as breads, muffins, pancakes, crackers, rice, pasta, quinoa, and cooked breakfast cereals (e.g., oatmeal)
- *Combination foods containing a grain portion* such as pizza, lasagna, and chicken nuggets
  - Applies only to *grain portion*



# Grain Products

Meet WGR criterion 1 (at least 50% whole grains) if

- Whole grain is *first* ingredient

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, wheat gluten



OR

- Water is first ingredient and whole grain is second ingredient

Ingredients: Water, **WHOLE-WHEAT FLOUR**, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, wheat gluten

# Combination Foods Containing a Grain Portion

Meet WGR criterion 1 (at least 50% whole grains) if

- Whole grain is first *grain* ingredient

Ingredients: Boneless, skinless chicken breast with rib meat, water, **WHOLE-WHEAT FLOUR**, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breeding set in vegetable oil

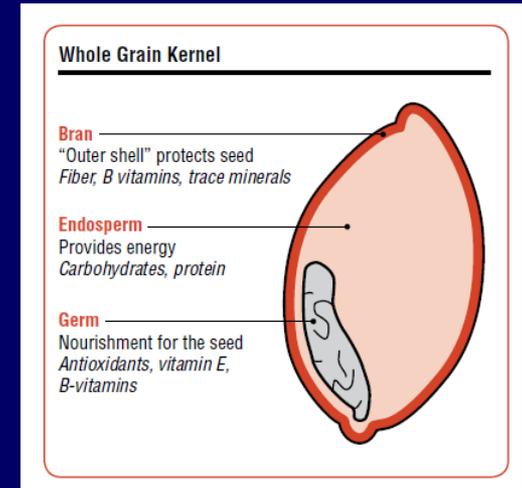
**OR**

- Whole grain is first ingredient in the *grain portion*

Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** **WHITE WHOLE-WHEAT FLOUR**, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices

# How to Identify Whole Grains

- Look for the word “*whole*” before the grain, e.g., whole corn, whole-rye flour, whole-wheat flour
- If listed without the word “whole” might not be whole grain, e.g., corn, rye flour, wheat flour (must obtain PFS)
- However, some grains without “whole” *are* whole grains



# Examples of whole grains that do not state “whole”

- Amaranth
- Berries or groats (e.g., wheat berries or oat groats)
- Brown rice
- Brown rice flour
- Buckwheat
- Graham flour
- Millet
- Oats or oatmeal (old-fashioned, quick-cooking, instant)
- Quinoa
- Sorghum
- Teff
- Triticale

# Examples of Whole-grain Products and Ingredients \*

## Barley

- Dehulled barley
- Dehulled-barley flour
- Whole barley
- Whole-barley flakes
- Whole-barley flour
- Whole-grain barley
- Whole-grain barley flour

## Brown rice

- Brown rice
- Brown rice flour

## Corn

- Masa (whole corn treated with lime)
- Whole corn
- Whole-corn flour
- Whole cornmeal
- Whole-grain corn flour
- Whole-grain grits
- Whole-ground corn

## Oats

- Oat groats
- Oatmeal, including old-fashioned, quick-cooking and instant
- Rolled oats
- Whole oats
- Whole-oat flour

## Rye

- Whole rye
- Rye berries
- Whole-rye flour
- Whole-rye flakes

\* This list is not all-inclusive

# Examples of Whole-grain Products and Ingredients \*

## Wheat (red)

- Bulgur (cracked wheat)
- Bromated whole-wheat flour
- Cracked wheat
- Crushed wheat
- Entire-wheat flour
- Graham flour
- Sprouted wheat
- Sprouted wheat berries
- Stone ground whole-wheat flour
- Toasted crushed whole wheat
- Wheat berries
- Whole bulgur
- Whole durum flour
- Whole durum wheat flour

## Wheat (red), *continued*

- Whole-grain bulgur
- Whole-grain wheat
- Whole wheat
- Whole-wheat flour
- Whole-wheat pastry flour
- Whole-wheat flakes
- Wheat (white)
- Whole white wheat
- Whole white wheat flour
- Wild rice
- Wild rice
- Wild rice flour

## Less common grains

- Amaranth
- Buckwheat, buckwheat groats
- Einkorn
- Emmer (farro)
- Kamut®
- Millet
- Quinoa
- Sorghum (milo)
- Spelt
- Teff
- Triticale

\* This list is not all-inclusive

# CSD E Resource

## Crediting Whole Grains in the NSLP and SBP

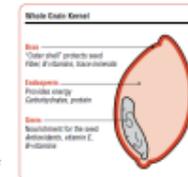
- Guidance on how to identify whole grains
- Applies to the WGR general standard for the CNS and the WGR requirement for school meals

### Crediting Whole Grains in the National School Lunch Program and School Breakfast Program

This guidance applies to the meal patterns for preschoolers (ages 1-4) and grades K-12 in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. For a comparison of the USDA's requirements for the grains component in the meal patterns for grades K-12 and preschoolers in the NSLP, SBP, SSO, and ASP, see the Connecticut State Department of Education's (CSD E) handout, *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.

for nuts for nuts for nuts for nuts for nuts for nuts

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain.



Whole grains contain a wide variety of nutrients that help reduce the risk of chronic diseases. The CSD E encourages school food authorities (SFAs) to serve 100 percent whole-grain products most often. This provides the best nutrition for children.

### Identifying Whole Grains in Commercial Products

Table 1 lists examples of whole-grain products and ingredients. The ingredients statement on commercial product labels lists ingredients by weight, from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains. A commercial product is 100 percent whole grain if the ingredients statement lists a whole grain as the first ingredient (or lists water as the first ingredient and a whole grain as the second ingredient) and all other grain ingredients are whole grains. The ingredients statements below show examples of 100 percent whole-grain products.

- Ingredients: *Whole-wheat flour*, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.
- Ingredients: Water, *whole-wheat flour*, *whole oats*, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.

Connecticut State Department of Education • Revised November 2019 • Page 1 of 10

# Products with Multiple Whole Grains

- If a whole grain is *not* the *first* ingredient, but contains *more than one* whole grain, must obtain PFS to determine if *combined weight* of whole grains is greatest ingredient

Ingredients: Water, *unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, **WHOLE-WHEAT FLOUR**, **WHOLE OATS**, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearoyl lactylate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk



The PFS for this product must indicate that the combined weight of the whole wheat flour and whole oats is more than the enriched flour

# Products with Flour Blend of Whole and Enriched Flour

- “Flour blend” does not indicate if the whole grain is the greatest ingredient by weight

Ingredients: Water, *Flour blend* [WHOLE-WHEAT FLOUR, *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)*], brown sugar....

- For example, if the flour blend is 40 percent of the product’s weight (25 percent whole-wheat flour and 15 percent enriched flour) and the first ingredient after the flour blend is sugar (30 percent of the product’s weight), the sugar weighs more than the whole-wheat flour

# Products with Flour Blend of Whole and Enriched Flour

- Must obtain PFS to document that
  - whole grain content is **at least 8 grams** per ounce equivalent (groups A-G) **OR**
  - weight of whole grain is **more than first ingredient** listed *after* the flour blend



# WGR Criterion 2: All Other Grains are Enriched

Enriched grains contain *five nutrients* added within limits specified by the FDA

1. *Thiamin* (vitamin B1, thiamin mononitrate, thiamin hydrochloride)
2. *Riboflavin* (vitamin B2)
3. *Niacin* (vitamin B3, niacinamide)
4. *Folic acid* (folate)
5. *Iron* (reduced iron, ferrous sulfate, ferric orthophosphate)



# Example of Enriched Grain in WGR Product

Ingredients: Whole-wheat flour, *enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, yeast, salt, sugar, calcium propionate and sorbic acid (to preserve freshness), soybean oil, wheat gluten, grain vinegar, soy lecithin, soy, whey (milk)

- First ingredient is a whole grain
- Second and only other grain ingredient is enriched

# CSD E Resource

## Crediting Enriched Grains in the NSLP and SBP

- Guidance on how to identify enriched grains
- Applies to the WGR general standard for the CNS and the WGR requirement for school meals

**Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program**

This guidance applies to the meal patterns for preschoolers (ages 1-4) and grades K-12 in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. For a comparison of the USDA's requirements for the grains component in the meal patterns for grades K-12 and preschoolers in the NSLP, SBP, SSO, and ASP, see the Connecticut State Department of Education's (CSD E) handout, *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.

Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include:

- thiamin (vitamin B<sub>1</sub>, thiamin mononitrate, or thiamin hydrochloride);
- riboflavin (vitamin B<sub>2</sub>);
- niacin (vitamin B<sub>3</sub> or niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate, or ferric orthophosphate).

If the grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour (21 CFR 137.165) and enriched cornmeal (21 CFR 137.290). Examples of enriched products include enriched bread, rolls, and buns (21 CFR 136.115); enriched macaroni products (21 CFR 139.115); enriched noodle products (21 CFR 139.155); enriched rice (21 CFR 137.350); and enriched farina (21 CFR 137.305).

Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain.



Connecticut State Department of Education • Revised November 2019 • Page 1 of 7

# WGR Criterion 3: Noncreditable Grains Limit

- Combined total of all noncreditable grains must be *less than 2%* of product formula, which equals the limits below

| Grain Group<br>(USDA's Ounce Equivalents Chart) | Limit per<br>Ounce Equivalent |
|---|-------------------------------|
| Groups A-G: Baked goods                         | 3.99 grams                    |
| Group H: Cereal grains                          | 6.99 grams                    |
| Group I: RTE breakfast cereals                  | 6.99 grams                    |

# Examples of Noncreditable Grain Ingredients \*

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"><li>● Barley grits</li><li>● Bran</li><li>● Corn bran</li><li>● Corn fiber</li><li>● Corn flour (not enriched)</li><li>● Corn grits</li><li>● Corn starch</li><li>● Cultured wheat starch</li><li>● Durum grits</li><li>● Fava bean flour</li><li>● Fermented wheat</li><li>● Germ</li><li>● Hydrolyzed starch</li></ul> | <ul style="list-style-type: none"><li>● Malted barley flour (not enriched)</li><li>● Modified food starch (including potato, legume and other vegetable flours)</li><li>● Modified corn starch</li><li>● Modified rice starch</li><li>● Modified tapioca starch</li><li>● Modified wheat starch</li><li>● Oat fiber</li><li>● Potato flour</li><li>● Potato starch</li></ul> | <ul style="list-style-type: none"><li>● Rice flour (not enriched)</li><li>● Rice starch</li><li>● Soluble corn fiber</li><li>● Soy fiber</li><li>● Soy grits</li><li>● Soy flour</li><li>● Tapioca starch</li><li>● Wheat bran</li><li>● Wheat germ</li><li>● Wheat flour (not enriched)</li><li>● Wheat starch</li></ul> |
|--|--|---|

\* This list is not all-inclusive



# Five Situations to Ignore Noncreditable Grains

1. Product lists only *one* noncreditable grain *after* the statement “contains 2% or less”

Ingredients: *Whole-wheat flour*, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, *yellow corn flour*, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

Can ignore the yellow corn flour (one noncreditable grain) after “contains 2% or less”

# Five Situations to Ignore Noncreditable Grains

## 2. Noncreditable grains are listed in a *nongrain ingredient*, such as

- cereal bars that contain marshmallows made with modified corn starch
- muffins or buns that contain jam filling made with modified food starch
- bagels that contain molasses powder made with wheat starch
- bread that contains a dough conditioner made with soy flakes or wheat starch



# How to Determine if Noncreditable Grains are in a Nongrain Ingredient

- If an ingredient contain *two or more ingredients itself*, these sub-ingredients are listed in *parentheses or brackets* after the name of the ingredient, such as
  - Molasses powder (molasses, wheat starch)
  - Seasoning [sugar, salt, sea salt, dextrose, spices, yeast extract, natural flavor, maltodextrin, canola oil (as a processing aid), modified corn starch]

## Example of Situation 2

Ingredients: *Whole-grain white wheat flour*, APPLE FILLING (corn syrup, *modified food starch*, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]), water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of *rye flour*, *malted barley flour*, *wheat flour*, nonfat dry milk (nonfat dry milk, whey [milk]), salt, eggs, EGG REPLACER (*whole soy flour*, wheat gluten, corn syrup solids, algin), yeast (leavening)

- Can ignore the modified food starch in the apple filling (nongrain ingredient) and the whole soy flour in the egg replacer (nongrain ingredient)
- However, a PFS must document the combined weight of the three noncreditable grains (rye flour, malted barley flour, and wheat flour) listed in the grain ingredients

# Five Situations to Ignore Noncreditable Grains

## 3. Noncreditable grains are listed in a WGR fortified RTE breakfast cereal



- Fortified cereals contain
  - the *five enrichment nutrients* (iron, thiamin, riboflavin, niacin, folic acid) **AND**
  - *additional vitamins and minerals* (manufacturers choose which ones and how much)

# CSDE Resource

## Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP

- Guidance on the requirements for breakfast cereals (RTE and cooked) and how to identify creditable products
- Applies to the WGR general standard for the CNS and the WGR requirement for school meals

**Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program**

This guidance applies to the meal patterns for grades K-12 in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), and Seamless Summer Option (SSO) of the NSLP. For additional guidance on the grains component for grades K-12 in the NSLP, SBP, and SSO, see the Connecticut State Department of Education's (CSDE) guide, *Menu Planning Guide for School Meals for Grades K-12*.

For information on crediting breakfast cereals for grades K-12 in the Afterschool Snack Program (ASP) of the NSLP, see "Crediting Breakfast Cereals in the ASP Meal Pattern for Grades K-12" on page 4. For information on crediting breakfast cereals for preschoolers (ages 1-4) in the NSLP, SBP, SSO, and ASP, see the CSDE's handouts, *Crediting Breakfast Cereals for Preschoolers in the NSLP, SBP, and ASP* and *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.

\*\*\*

"Breakfast cereals" are defined by the Food and Drug Administration (FDA) regulations (21 CFR 170.3(n)(4)). They include ready-to-eat (RTE) cereals (such as puffed cereals, round or flaked cereals, and granola) and instant and regular hot cereals (such as oatmeal, cream of wheat, and farina). RTE breakfast cereals are a type of breakfast cereal that can be eaten as sold. They are typically fortified with vitamins and minerals. To credit in school meals for grades K-12, breakfast cereals must be whole grain-rich (WGR), enriched, or fortified; and must provide the required volume or weight specified in the USDA's ounce equivalents chart.

**WGR Breakfast Cereals**

Cooked breakfast cereals, including regular and instant (such as oatmeal), are WGR if:

- a whole grain is the first ingredient (or water is the first ingredient and a whole grain is the second ingredient);
- any other grain ingredients are enriched; and
- the combined weight of any noncreditable grains (such as fiber, bran, germ, and modified food starch) does not exceed 6.99 grams per ounce equivalent (1/2 cup cooked or 28 grams dry). Cooked breakfast cereals that exceed this limit do not meet the WGR criteria.

RTE breakfast cereals are WGR if a whole grain is the first ingredient and the cereal is fortified. Fortification is not required for 100 whole grain cereals. The limit for noncreditable grains does not apply to fortified RTE breakfast cereals that contain a whole grain as the first ingredient.



Connecticut State Department of Education • Revised November 2019 • Page 1 of 6

## Example of Situation 3

Ingredients: *Whole-grain wheat*, raisins, *wheat bran*, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor. *Vitamins and Minerals*: Potassium chloride, niacinamide, reduced iron, vitamin B<sub>6</sub> (pyridoxine hydrochloride), zinc oxide, vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B<sub>12</sub>

Can ignore the wheat bran (noncreditable grain) because the first ingredient is a whole grain and the cereal is fortified (it contains 11 nutrients listed after “Vitamin and Minerals”)

# Five Situations to Ignore Noncreditable Grains

## 4. Noncreditable grains are listed in a WGR fortified RTE breakfast cereal that is an ingredient in a cereal bar

- Applies only to the *cereal portion* of the cereal bar
- Noncreditable grains in the *non-cereal portion* count toward the limit



# Example of Situation 4

Ingredients: *Whole-grain oats*, CEREAL (*whole-grain wheat*, sugar, *corn meal*, brown sugar syrup, canola and/or rice bran oil, dextrose, baking soda, salt, calcium carbonate, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], a B vitamin [niacinamide], artificial flavor, vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], a B vitamin [folic acid], vitamin B12, vitamin D, BHT added to retain freshness), corn syrup, sugar, rice bran and/or canola oil, fructose, *brown rice flour*. Contains 2% or less of: *whole-corn flour*, glycerin, calcium carbonate, *whole-grain oat flour*, *wheat starch*, *modified wheat starch*, salt, gelatin, color added, natural and artificial flavor, BHT added to retain freshness. Vitamin E acetate, zinc oxide, reduced iron, vitamin A palmitate, calcium pantothenate (vitamin B5), niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), vitamin D3, vitamin B12, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), biotin

- Can ignore cornmeal (noncreditable grain) because it is an ingredient in the cereal, which has a whole grain as the first ingredient and is fortified
- Must count the wheat starch and modified wheat starch (noncreditable grains) listed in the non-cereal portion of the cereal bar

# Five Situations to Ignore Noncreditable Grains

5. Noncreditable grains are listed in the *nongrain portion of a combination food*, such as meat/meat alternates, vegetables, or fruits

- modified corn starch in the cheese filling in ravioli
- modified food starch in the chicken portion of breaded chicken



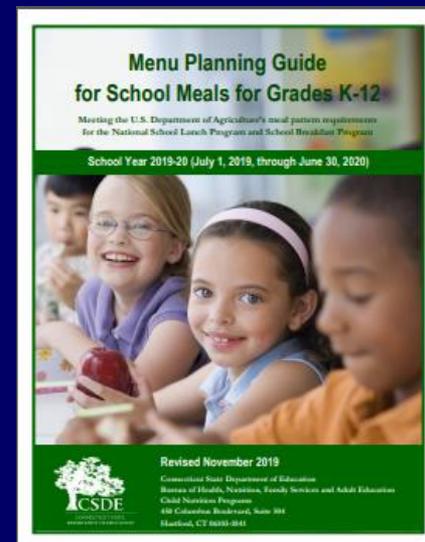
# Example of Situation 5

**Ingredients:** **FILLING:** Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], vinegar, xanthan gum, carrageenan), egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, romano cheese made from cow's milk (cultured milk, salt, enzymes), *bleached wheat flour*, garlic salt (salt, dehydrated garlic), salt, *modified corn starch*, sugar, dehydrated garlic. **PASTA:** *Whole-wheat flour, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)*, water, egg.

Can ignore the bleached wheat flour and modified corn starch (noncreditable grains) because they are ingredients in the cheese filling (nongrain portion)

# More Guidance on Noncreditable Grains

- CSDE's handout, *Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP* (see slide 78)
- Section 3 of the CSDE's publication, *Menu Planning Guide for School Meals for Grades K-12*



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

# Test Your Knowledge: WGR General Standard



# Test Your Knowledge: WGR General Standard

Indicate if each food item

- meets the WGR general standard (see slides 76-109) **OR**
- requires a PFS from the manufacturer to provide more information



**Note:** The answers show creditable grains (whole and enriched) in *green italics* with whole grains in *UPPERCASE*, and noncreditable grains in *red italics*

# Reminder: Three WGR Criteria

## *WGR Criterion 1: At Least 50% Whole Grain*

To meet this criterion, the product must

- list a whole grain as the first ingredient **OR**
- list water as the first ingredient and a whole grain as the second ingredient **OR**
- have a PFS indicating that the combined weight of all whole grains is the greatest ingredient by weight

# Reminder: Three WGR Criteria

## *WGR Criterion 2: Any Other Grains are Enriched*

To meet this criterion

- all grains other than whole grains must be enriched **OR**
- the product contains only whole grains (product is 100 percent whole grain)

# Reminder: Three WGR Criteria

## *WGR Criterion 2: Noncreditable Grains Meet Limit*

To meet this criterion, the product

- does not contain any noncreditable grains **OR**
- lists only one noncreditable grain after the statement, “contains 2% or less” **OR**
- has a PFS indicating that the combined weight of all noncreditable grains does not exceed 3.99 grams for groups A-G or 6.99 grams for groups H-I

# Product 1: Whole-wheat Bagel Brand A

**Ingredients:** Whole-wheat flour, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mononitrate [vitamin B-1], ferrous sulfate [iron], riboflavin [vitamin B-2], and folic acid), water, brown sugar granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, corn meal, calcium propionate, malted barley flour, molasses powder (molasses, wheat starch), , ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes.

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

# Product 1: Whole-wheat Bagel Brand A

Answer

Ingredients: *WHOLE-WHEAT FLOUR, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mononitrate [vitamin B-1], ferrous sulfate [iron], riboflavin [vitamin B-2], and folic acid)*, water, brown sugar granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, *corn meal*, calcium propionate, *malted barley flour*, *molasses powder (molasses, wheat starch)*, ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes.

- WGR criterion 1: Whole grain *whole-wheat flour*
- WGR criterion 2: Enriched *enriched bromated wheat flour*
- WGR criterion 3: Noncreditable *corn meal and malted barley flour (Can ignore the wheat starch in the nongrain ingredient (molasses powder) – see situation 2 on slides 99-101) \**

\* Need PFS to document that the combined weight of the corn meal and malted barley flour is less than 3.99 grams

## Product 2: Whole-wheat Bagel Brand B

**Ingredients: Whole-wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes**

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

## Product 2: Whole-wheat Bagel Brand B

Answer

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, wheat gluten.

Contains 2% or less of each of the following: honey, salt, **yellow corn flour**, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

- ✓ WGR criterion 1: Whole grain **whole-wheat flour**
- ✓ WGR criterion 2: Enriched **none (100 percent whole grain)**
- ✓ WGR criterion 3: Noncreditable **yellow corn flour**  
*(Can ignore because it is the only noncreditable grain listed after “Contains 2% or less” – see situation 1 on slide 98)*

**WGR: To comply with CNS, must also meet nutrient standards**

## Product 3: Cinnamon Graham Crackers

**Ingredients: Whole-wheat (graham) flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor**

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

## Product 3: Cinnamon Graham Crackers

Answer

Ingredients: **WHOLE-WHEAT (GRAHAM) FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)**, sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor

- ✓ WGR criterion 1: Whole grain **whole-wheat (graham) flour**
- ✓ WGR criterion 2: Enriched **enriched flour**
- ✓ WGR criterion 3: Noncreditable **none**

**WGR: To comply with CNS, must also meet nutrient standards**

## Product 4: Oatmeal Raisin Cookie

**Ingredients:** Sugar, whole-wheat flour, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, raisins, eggs, soybean oil, margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), invert sugar, contains 2% or less of: water, mono- and diglycerides, molasses, maltodextrin, leavening (baking soda, sodium aluminum phosphate), salt, datem, soy lecithin, cinnamon, natural and artificial flavor, vitamin E acetate, zinc oxide, reduced iron, vitamin A palmitate, calcium pantothenate (vitamin B5), niacin (vitamin B3), pyridoxine hydrochloride (vitamin B6), vitamin D3, vitamin B12, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), biotin

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

## Product 4: Oatmeal Raisin Cookie

Answer

Ingredients: Sugar , *WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), ROLLED OATS*, raisins, eggs, soybean oil, margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), invert sugar, contains 2% or less of: water, mono- and diglycerides, molasses, maltodextrin, leavening (baking soda, sodium aluminum phosphate), salt, datem, soy lecithin, cinnamon, natural and artificial flavor

- WGR criterion 1: Whole grain *Not first ingredient but contains two whole grains (whole-wheat flour and rolled oats) \**
- WGR criterion 2: Enriched *enriched flour*
- WGR criterion 3: Noncreditable *none*

\* Need PFS to document that the combined weight of the two whole grains (whole-wheat flour and rolled oats) exceeds weight of sugar

## Product 5: Fruit-filled Bar

**Ingredients:** Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oatmeal, high fructose corn syrup, whole-wheat flour, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), eggs, soy lecithin, molasses, cinnamon, natural flavors contains milk), salt, baking soda, egg whites, sodium ascorbate (vitamin C)

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

## Product 5: Fruit-filled Bar

Answer

Ingredients: *Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, sugar, *OATMEAL*, high fructose corn syrup, *WHOLE-WHEAT FLOUR*, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), eggs, soy lecithin, molasses, cinnamon, natural flavors contains milk), salt, baking soda, egg whites, sodium ascorbate (vitamin C)

- WGR criterion 1: Whole grain *Not first ingredient but contains two whole grains (oatmeal and whole-wheat flour) \**
- WGR criterion 2: Enriched *enriched wheat flour*
- WGR criterion 3: Noncreditable *none*

\* Need PFS to document that the combined weight of the two whole grains (oatmeal and whole-wheat flour) exceeds weight of enriched flour

## Product 6: Baked Fries Snack

**Ingredients:** Enriched corn meal, potato flakes, sunflower oil and/or safflower oil, sea salt, cheddar cheese powder [(cheddar cheese, milk, cheese cultures, salt, enzyme) whey, buttermilk, salt sodium phosphate, lactic acid, extractive of annatto], jalapeno pepper, cilantro, onion powder, natural flavor, lactic acid, citric acid, natural smoke flavor, spice

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

## Product 6: Baked Fries Snack

Answer

Ingredients: *Enriched corn meal*, potato flakes, sunflower oil and/or safflower oil, sea salt, cheddar cheese powder [(cheddar cheese, milk, cheese cultures, salt, enzyme) whey, buttermilk, salt sodium phosphate, lactic acid, extractive of annatto], jalapeno pepper, cilantro, onion powder, natural flavor, lactic acid, citric acid, natural smoke flavor, spice

- WGR criterion 1: Whole grain *none* \*
- WGR criterion 2: Enriched *enriched corn meal*
- WGR criterion 3: Noncreditable *none*

\* Not WGR: Product does not comply with CNS

## Product 7: Peanut Butter Granola Bar

**Ingredients: Whole-grain oats, sugar, canola oil, yellow corn flour, honey, soy flour, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor**

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

## Product 7: Peanut Butter Granola Bar

Answer

Ingredients: **WHOLE-GRAIN OATS**, sugar, canola oil, **yellow corn flour**, honey, **soy flour**, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor

- WGR criterion 1: Whole grain **whole-grain oats**
- WGR criterion 2: Enriched **none (100% whole grain)**
- WGR criterion 3: Noncreditable **yellow corn flour and soy flour \***

\* Need PFS to document that the combined weight of the two noncreditable grains (yellow corn flour and soy flour) is less than 3.99 grams

## Product 8: Cheddar Snack Mix

**Ingredients:** Whole wheat, enriched corn meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean, rice bran), sugar, whey powder. Contains 2% or less of: buttermilk powder, corn syrup solids, salt, natural and artificial flavor, dried sour cream (cream, nonfat milk, cultures), monoglycerides, onion powder, trisodium phosphate, calcium carbonate, baking soda, yellow corn flour, yellow 6 lake, yellow 5 lake, freshness preserved by BHT

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: noncreditable**

## Product 8: Cheddar Snack Mix

Answer

Ingredients: *WHOLE WHEAT, enriched corn meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid)*, vegetable oil (soybean, rice bran), sugar, whey powder. **Contains 2% or less of:** buttermilk powder, corn syrup solids, salt, natural and artificial flavor, dried sour cream (cream, nonfat milk, cultures), monoglycerides, onion powder, trisodium phosphate, calcium carbonate, baking soda, *yellow corn flour*, yellow 6 lake, yellow 5 lake, freshness preserved by BHT

- ☑ WGR criterion 1: Whole grain *whole wheat*
- ☑ WGR criterion 2: Enriched *enriched corn meal*
- ☑ WGR criterion 3: Noncreditable *yellow corn flour*  
(*Can ignore because it is the only noncreditable grain listed after “Contains 2% or less” – see situation 1 on slide 98*)

**WGR: To comply with CNS, must also meet nutrient standards**

## Product 9: Apple-filled Bread Stick

**Ingredients:** CRUST: flour blend [Whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, vital wheat gluten, salt, l-cysteine. APPLE FILLING: water, corn syrup, evaporated apples (treated with sulfur dioxide to retain color), sugar, modified food starch, apple juice concentrate, citric acid, spices, salt, potassium sorbate, and sodium benzoate (to preserve freshness). TOPPING: [natural oil blend (soybean, palm fruit and canola oils) water, salt, mono and diglycerides, potassium sorbate, natural and artificial butter flavor, lactic acid, vitamin A palmitate and beta carotene.], SPICE TOPPING: sugar, cinnamon, soybean oil, contains 2% or less silicon dioxide. TAPIOCA DEXTRIN TOPPING: water, tapioca dextrin

- WGR criterion 1: Whole grain
- WGR criterion 2: Enriched
- WGR criterion 3: Noncreditable

# Product 9: Apple-filled Bread Stick

Answer

Ingredients: **CRUST:** flour blend [*WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)*], water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, *soy flakes*), yeast, vital wheat gluten, salt, l-cysteine. **APPLE FILLING:** water, corn syrup, evaporated apples (treated with sulfur dioxide to retain color), sugar, *modified food starch*, apple juice concentrate, citric acid, spices, salt, potassium sorbate, and sodium benzoate (to preserve freshness). **TOPPING:** [natural oil blend (soybean, palm fruit and canola oils) water, salt, mono and diglycerides, potassium sorbate, natural and artificial butter flavor, lactic acid, vitamin A palmitate and beta carotene.], **SPICE TOPPING:** sugar, cinnamon, soybean oil, contains 2% or less silicon dioxide. **TAPIOCA DEXTRIN TOPPING:** water, tapioca dextrin

- WGR criterion 1: Whole grain *flour blends require a PFS (see slides 90-91)\**
- WGR criterion 2: Enriched *enriched flour*
- WGR criterion 3: Noncreditable *none (Can ignore the noncreditable grains in the two nongrain ingredients, i.e., soy flakes in dough conditioner and modified food starch in apple filling)*

\* Need PFS to document that the whole-wheat flour in the flour blend weighs more than the brown sugar, i.e., the first ingredient after the flour blend excluding water

# Product 10: Nacho Cheese Tortilla Chips

**Ingredients: Whole corn, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), corn dextrin, whey, corn maltodextrin, monosodium glutamate, tomato powder, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, disodium phosphate, natural and artificial flavor, dextrose, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, red and green bell pepper powder, nonfat milk, disodium inosinate, and disodium guanylate**

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

# Product 10: Nacho Cheese Tortilla Chips

Answer

Ingredients: **WHOLE CORN**, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), corn dextrin, whey, corn maltodextrin, monosodium glutamate, tomato powder, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, **corn flour**, disodium phosphate, natural and artificial flavor, dextrose, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, red and green bell pepper powder, nonfat milk, disodium inosinate, and disodium guanylate

- WGR criterion 1: Whole grain **whole corn**
- WGR criterion 2: Enriched **none (100% whole grain)**
- WGR criterion 3: Noncreditable **corn flour \***

\* Need PFS to document that the corn flour weighs less than 3.99 grams

# Product 11: Cereal Bar

**Ingredients: whole-grain oats, CEREAL (whole grain corn, sugar, corn meal, corn syrup, whole grain corn flour, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, corn starch, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], a B vitamin [niacinamide], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], a B vitamin [folic acid], vitamin B12, vitamin D3, BHT added to retain freshness), corn syrup, sugar, whole-wheat flour, fructose, canola and/or rice bran oil, brown rice flour, chicory root extract. Contains 2% or less of: cocoa processed with alkali, glycerin, calcium carbonate, whole oat flour, maltodextrin, modified wheat starch, whole corn flour, yellow corn flour, salt, color added, gelatin, baking soda, natural and artificial flavor, tricalcium phosphate, sulfiting agents, BHT added to retain freshness.**

- WGR criterion 1: Whole grain**
- WGR criterion 2: Enriched**
- WGR criterion 3: Noncreditable**

# Product 11: Cereal Bar

Answer

Ingredients: **WHOLE-GRAIN OATS**, CEREAL (**WHOLE-GRAIN CORN**, sugar, **corn meal**, corn syrup, **WHOLE-GRAIN CORN FLOUR**, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, **corn starch**, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], a B vitamin [niacinamide], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], a B vitamin [folic acid], vitamin B12, vitamin D3, BHT added to retain freshness), corn syrup, sugar, **WHOLE-WHEAT FLOUR**, fructose, canola and/or rice bran oil, **BROWN RICE FLOUR**, chicory root extract. Contains 2% or less of: cocoa processed with alkali, glycerin, calcium carbonate, **WHOLE OAT FLOUR**, maltodextrin, **modified wheat starch**, **WHOLE CORN FLOUR**, **yellow corn flour**, salt, color added, gelatin, baking soda, natural and artificial flavor, tricalcium phosphate, sulfiting agents, BHT added to retain freshness.

- WGR criterion 1: Whole grain **whole-grain oats**
- WGR criterion 2: Enriched **none (100% whole grain)**
- WGR criterion 3: Noncreditable **modified wheat starch and yellow corn flour (Can ignore the corn meal and corn starch in the cereal portion because the cereal is fortified and has a whole grain as first ingredient – see situation 4 on slides 105-106) \***

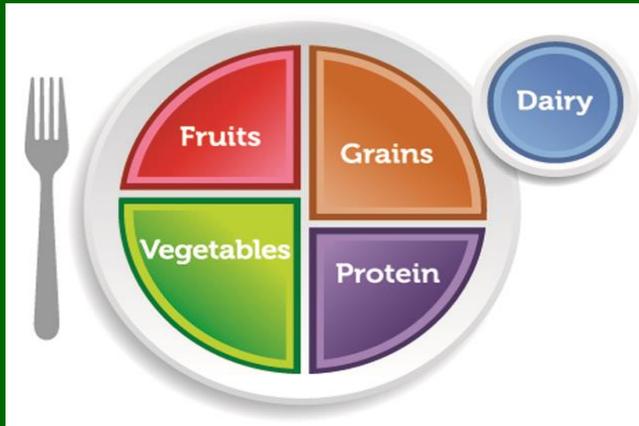
\* Need PFS to document that the combined weight of the two noncreditable grains (modified wheat starch and yellow corn flour) is less than 3.99 grams

# General Standard 2: Food Group



# General Standard 2: Food Group is First Ingredient

- First ingredient is a food group **OR**
- First ingredient is water and second ingredient is a food group



- Fruits
- Vegetables
- Dairy
- Protein, e.g., meat, beans, poultry, seafood, eggs, nuts, seeds

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

## General Standard 2: Food Group is First Ingredient

- If the product also contains a grain portion, the grain portion *must be WGR*, such as
  - the cone in an ice cream cone
  - the wrapper in an egg roll



# Meeting a Food Group Standard: Soy Products

- A product that lists a soy product \* as the *first* ingredient meets the *protein* food group general standard

## \* Soy products

- Tofu
- soy protein concentrate
- textured vegetable protein (TVP)



# Meeting a Food Group Standard: Soy Nuts

- A product that lists soy nuts (dried soybeans) as the *first* ingredient meets the
  - **protein** food group general standard **OR**
  - **vegetable** food group general standard



# Meeting a Food Group Standard: Dried Fruits

- A product that lists dried or dehydrated fruit or fruit puree as the *first* ingredient meets the **fruit** food group general standard
- Examples
  - dried cherries
  - dehydrated apples
  - dates
  - raisins



# Meeting a Food Group Standard: Dried Vegetables

- A product that lists dried or dehydrated vegetables or vegetable puree as the *first* ingredient meets the **vegetable** food group general standard
- Examples
  - potato flakes
  - dried potatoes

# Dehydrated/Concentrated Juice/Puree

- Dehydrated or concentrated juice or puree concentrate = *added sugar*
- Do *not* meet a food group general standard

| Meets fruit food group standard? |  |
|----------------------------------|--|
| Yes                              | No   |
| ■ Fruit puree                    | ■ Fruit puree concentrate<br>■ Juice from concentrates |

# Test Your Knowledge: Fruit Food Group General Standard

Indicate if each fruit snack product meets the CNS food group general standard for fruit



# Product 1: Welch's Fruit Snacks

**Ingredients:** Juice from concentrates (grape, pear, peach and pineapple), corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



**Meets food group general standard for fruit?**

# Product 1: Welch's Fruit Snacks

Answer

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



Meets food group general standard for fruit?

**NO**

Juice from concentrates = added sugar

# Product 2: Stretch Island Fruit Co All-Natural Fruit Strip

Ingredients: Apple puree concentrate,  
pear puree concentrate, strawberry puree  
concentrate, natural strawberry flavor,  
lemon juice concentrate

Meets food group general standard for fruit?



## Product 2: Stretch Island Fruit Co All-Natural Fruit Strip

Answer

Ingredients: *Apple puree concentrate*, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate

Meets food group general standard for fruit?



NO

Apple puree concentrate = added sugar

# Product 3: Plums Kids Organic Mashups Squeezable Fruit

Answer

Ingredients: Organic fruit purees  
(apple, banana, strawberry), citric acid

Meets food group general standard for fruit?



## Product 3: Plums Kids Organic Mashups Squeezable Fruit

Answer

Ingredients: *Organic fruit purees*  
(apple, banana, strawberry), citric acid

Meets food group general standard for fruit?

YES \*

Pureed fruit is fruit



\* To comply with CNS, product must also meet CNS nutrient standards for the fruits and vegetables category

## Product 3: Dole Fruit Squish'ems

**Ingredients: Apples, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)**



**Meets food group general standard for fruit?**

## Product 3: Dole Fruit Squish'ems

Answer

Ingredients: *Apples*, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)



Meets food group general standard for fruit?

YES \*

Apples are fruit

\* To comply with CNS, product must also meet CNS nutrient standards for the fruits and vegetables category

# Test Your Knowledge: Food Group General Standard



# Test Your Knowledge: Food Group General Standard

indicate if each food product

- meets a food group general standard

**AND**

- which one (fruits, vegetables, dairy, or protein)



# Product 1: Frito Lay Baked Lay's Original Potato Crisps

Ingredients: Dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

- Yes: \_\_\_\_\_
- No



# Product 1: Frito Lay Baked Lay's Original Potato Crisps

Ingredients: *Dried potatoes*, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

- Yes: Vegetables \*
- No



\* To comply with CNS, product must also meet all CNS nutrient standards

# Product 2: Dannon Oikos Strawberry Greek Yogurt

**Ingredients:** Cultured grade A nonfat milk, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



- Yes: \_\_\_\_\_
- No

## Product 2: Dannon Oikos Strawberry Greek Yogurt

Answer

Ingredients: *Cultured grade A nonfat milk*, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



- Yes: Dairy \*
- No

# Product 3: Kozy Shack Cowrageous Chocolate Pudding

Ingredients: Low-fat milk (vitamin A and D), sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate



- Yes: \_\_\_\_\_
- No

# Product 3: Kozy Shack Cowrageous Chocolate Pudding

Answer

Ingredients: *Low-fat milk (vitamin A and D)*, sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate



Yes: Dairy \*

No

\* To comply with CNS, product must also meet all CNS nutrient standards

# Product 4: ES Foods Part Skim Mozzarella Cheese Stick

Ingredients: Pasteurized part-skim  
milk, cheese cultures, salt,  
enzymes, vitamin A palmitate



- Yes: \_\_\_\_\_
- No

# Product 4: ES Foods Part Skim Mozzarella Cheese Stick

Answer

Ingredients: *Pasteurized part-skim milk*, cheese cultures, salt, enzymes, vitamin A palmitate



- Yes: Dairy \*
- No

**\* To comply with CNS, product must also meet all CNS nutrient standards**

# Product 5: Larabar Cherry Pie Bar

Ingredients: Dates, almonds,  
unsweetened cherries

- Yes: \_\_\_\_\_
- No



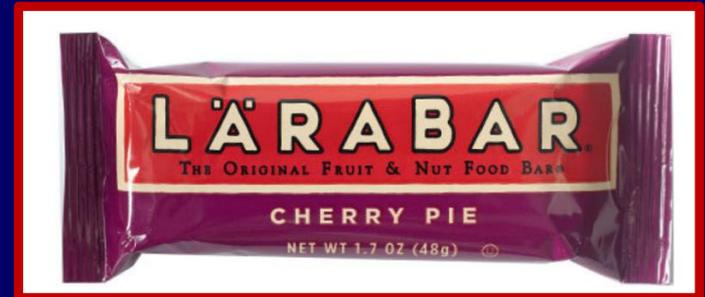
## Product 5: Larabar Cherry Pie Bar

Answer

Ingredients: *Dates*, almonds, unsweetened cherries

Yes: Fruits \*

No



\* To comply with CNS, product must also meet all CNS nutrient standards

# Product 6: McCain Harvest Splendor Sweet Potato CrossTrax

**Ingredients:** Sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch - modified. Contains 2% or less of annatto (color), baking soda, beta carotene (color), caramel (color), natural flavors, rice flour, salt, sodium acid pyrophosphate (maintains natural color & leavening), sugar, tapioca dextrin, xanthan gum



- Yes: \_\_\_\_\_
- No

# Product 6: McCain Harvest Splendor Sweet Potato CrossTrax

Answer

Ingredients: *Sweet potatoes*, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch - modified. Contains 2% or less of annatto (color), baking soda, beta carotene (color), caramel (color), natural flavors, rice flour, salt, sodium acid pyrophosphate (maintains natural color & leavening), sugar, tapioca dextrin, xanthan gum



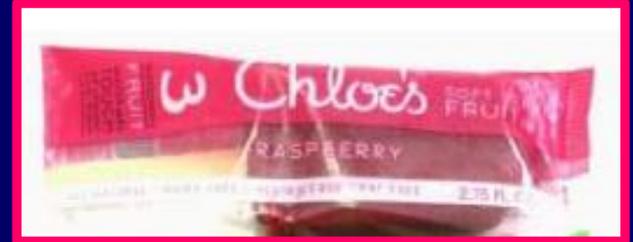
**Yes: Vegetables**

No

**\* To comply with CNS, product must also meet all CNS nutrient standards**

# Product 7: Chloe's Soft Serve Fruit Co. Soft Serve Fruit Pops, Raspberry

Ingredients: Raspberry puree  
(red raspberries, lemon juice),  
filtered water, organic cane  
sugar

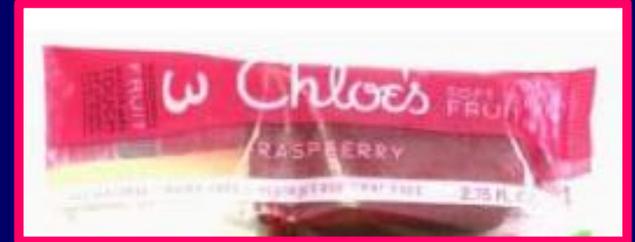


- Yes: \_\_\_\_\_
- No

# Product 7: Chloe's Soft Serve Fruit Co. Soft Serve Fruit Pops, Raspberry

Answer

Ingredients: *Raspberry puree*  
(red raspberries, lemon juice),  
filtered water, organic cane  
sugar



- Yes: Fruits \***
- No**

**\* To comply with CNS, product must  
also meet all CNS nutrient standards**

# Product 8: Chloe's Soft Serve Fruit Co. Soft Serve Fruit Pops, Tangerine

Ingredients: Filtered water,  
tangerine puree (tangerines,  
orange pulp), organic cane sugar



- Yes: \_\_\_\_\_
- No

# Product 8: Chloe's Soft Serve Fruit Co. Soft Serve Fruit Pops, Tangerine

Answer

Ingredients: Filtered water,  
*tangerine puree* (tangerines,  
orange pulp), organic cane sugar



- Yes: Fruits \***
- No**

**\* To comply with CNS, product must also meet all CNS nutrient standards**

# Product 9: Stretch Island Fruit Leathers Autumn Apple

Ingredients: Apple puree concentrate,  
natural apple flavor, lemon juice  
concentrate

- Yes: \_\_\_\_\_
- No



# Product 9: Stretch Island Fruit Leathers Autumn Apple

Answer

Ingredients: *Apple puree concentrate*,  
natural apple flavor, lemon juice  
concentrate

Yes: \_\_\_\_\_

No \*

\* Fruit puree concentrate is added sugar,  
not a food group (see slide 144)



# Product 10: Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry

Ingredients: Micron filtered water, sugar, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



- Yes: \_\_\_\_\_
- No

# Product 10: Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry

Answer

Ingredients: Micron filtered water, **sugar**, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



Yes: \_\_\_\_\_

No \*

\* The first ingredient after water is sugar, which is not a food group

# Product 11: Rich's Fudge Frenzy Frozen Novelty

Ingredients: Nonfat milk, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate



- Yes: \_\_\_\_\_
- No

# Product 11: Rich's Fudge Frenzy Frozen Novelty

Answer



Ingredients: *Nonfat milk*, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate

**Yes: Dairy \***

**No**

**\* To comply with CNS, product must also meet all CNS nutrient standards**

# Product 12: Beanitos Puffs

## White Cheddar

**Ingredients:** Whole navy beans, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



- Yes: \_\_\_\_\_
- No

# Product 12: Beanitos Puffs White Cheddar

Answer

Ingredients: *Whole navy beans*, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



- Yes: Vegetables or Protein\*
- No

\* To comply with CNS, product must also meet all CNS nutrient standards

# Product 13: Rich's Low-fat Vanilla Ice Cream Sandwich



**Ingredients: FROZEN DAIRY DESSERT:** Nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** Bleached wheat flour, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor

- Yes: \_\_\_\_\_
- No

# Product 13: Rich's Low-fat Vanilla Ice Cream Sandwich



Answer

Ingredients: **FROZEN DAIRY DESSERT:** *Nonfat milk* and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** *Bleached wheat flour*, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, *modified corn starch*, salt, baking soda, soy lecithin, artificial chocolate flavor

Yes: \_\_\_\_\_ \*

No \*

\* The ice cream portion meets the dairy food group standard but the grain portion (wafers) does not meet the WGR standard (see slide 77) because the two grains are noncreditable grains

# General Standard 3: Combination Food



# General Standard 3: Combination Food

- Contains two or more food groups and at least  $\frac{1}{4}$  *cup fruit/vegetable* per serving
- If the product also contains a grain portion, the grain portion *must be WGR*



# Combination Foods

Foods that contain **more than one food component** such as

- veggie pizza
- lasagna
- smoothies made with fruit and low-fat or fat-free milk



# CNS Nutrient Standards



# CNS for Ingredients

- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols
- No chemically altered fat substitutes
- No added caffeine
- No significant fortification (except naturally nutrient-rich foods based on documented health needs)
- No nutrition supplements

# Nonnutritive Sweeteners

Ingredients with no or very low calories that are used as sugar substitutes to sweeten foods and beverages

- Hundreds of times sweeter than sugar
- Include *artificial sweeteners* (such as acesulfame-potassium, aspartame, and sucralose) and *“natural” sweeteners* (such as stevia)

# Artificial Sweeteners

**Synthetic ingredients used as sugar substitutes to sweeten foods and beverages**

- **Hundreds of times sweeter than sugar**
- **May be derived from naturally occurring substances, such as herbs or sugar**
- **Contain no calories except for aspartame, which is very low in calories**

# Sugar Alcohols (Polyols)

**A type of carbohydrate used as sugar substitutes to sweeten foods and beverages**

- **Contain fewer calories than most sugars**
- **Perform other functions such as adding bulk and texture to foods, and maintaining moisture**
- **Products with sugar alcohols are often labeled “sugar free”**

# Examples of Nonnutritive Sweeteners

| Nonnutritive Sweeteners  |   | Sugar Alcohols  |
|--|---|---|
| <b>Artificial</b>  | <b>“Natural” *</b>  |   |
| <ul style="list-style-type: none"><li>■ Acesulfame Potassium (Acesulfame-K, Sunett, Sweet One)</li><li>■ Aspartame (NutraSweet, Equal)</li><li>■ Saccharin (Sweet and Low, Sugar Twin, Sweet Twin, Sweet ‘N Low Brown, Necta Sweet)</li><li>■ Sucralose (Splenda)</li><li>■ Neotame</li><li>■ Tagatose</li></ul> | <ul style="list-style-type: none"><li>■ Stevia (Rebiana, Truvia, PureVia, SweetLeaf, Rebaudioside A)</li></ul> <p>* The term “natural” does not have any consistent meaning when used to describe foods or beverages, and has not been defined by the FDA</p> | <ul style="list-style-type: none"><li>■ Erythritol</li><li>■ Isomalt</li><li>■ Lactitol</li><li>■ Maltitol</li><li>■ Mannitol</li><li>■ Sorbitol</li><li>■ Xylitol</li><li>■ Hydrogenated starch hydrolysates (e.g., hydrogenated glucose syrups, maltitol syrups, and sorbitol syrups)</li></ul> |

# Examples of Foods with Nonnutritive Sweeteners



## Dannon Light & Fit Greek Yogurt

Ingredients: Cultured grade A non fat milk, water, strawberry, contains less than 1% of fructose, modified corn starch, natural and artificial flavors, carmine and black carrot juice concentrate (for color), sodium citrate, **SUCRALOSE**, potassium sorbate (to maintain freshness), malic acid, **ACESULFAME POTASSIUM**

# Examples of Foods with Nonnutritive Sweeteners



## Quaker Chewy Chocolate Chip Granola Bar

**Ingredients:** Granola (whole-grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, malted barley extract], whole-grain rolled wheat, soybean oil, dried coconut, whole-wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole-grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil. contains 2% or less of **sorbitol**, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, BHT (preservative), citric acid

# Examples of Foods with Nonnutritive Sweeteners



## Thomas' 100% Whole-wheat English Muffin

Ingredients: Whole-wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, **SUCRALOSE**, soy lecithin, soy, whey (milk)

# Examples of Foods with Nonnutritive Sweeteners



## Rich's Sub Roll Dough made with whole grains

Ingredients: Water, whole-wheat flour, enriched unbleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), yeast, sugar, soybean oil, wheat gluten, contains less than 2% of the following: natural flavor (contains wheat ingredients), oat fiber, sea salt, datem, honey, **ACESULFAME POTASSIUM**, ascorbic acid, enzyme

# Chemically Altered Fat Replacers

Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat, e.g., Olestra, Olean, and Simplese



# **No Chemically Altered Fat Replacers**

- **CNS advocates whole or minimally processed foods that are naturally low in fat**
- **Research has not addressed safety of fat replacers for children**
- **Can have negative side effects, e.g., abdominal cramping and diarrhea (Olestra) or allergic reactions (Simplese)**
- **Not currently seen in foods but this standard prevents future use of any commercial products with this ingredient**

# Fortification

Adding nutrients to a food or beverage, including

- nutrients that were not originally present **OR**
- nutrients that are at higher levels than originally present



# No Significant Fortification

- CNS does not allow significantly fortified products except for *naturally nutrient-rich products* fortified with nutrients at levels based on *scientifically documented health needs*, such as
  - milk fortified with vitamins A and D
  - breakfast cereals fortified with iron
  - orange juice fortified with calcium
  - soy beverages fortified with calcium
  - grain products fortified with folic acid

# No Nutrition Supplements

- **CNS does not allow nutrition supplements, such as**
  - amino acids, e.g., taurine, glutamine, lysine, and arginine
  - extracts, e.g., green tea extract and gotu kola extract
  - herbs or other botanicals, e.g., ginseng and ginkgo biloba
- **Efficacy and safety for consumption by children is not well known**
- **Some may have harmful side effects**

# CNS for Nutrients

- Calories
- Total fat
- Saturated fat
- Trans fat
- Sodium
- Total sugars



# Standards Apply to the Serving

- When evaluating a food, must look at the *actual amount served*, including any added *accompaniments*
- Can use *average portions* to determine nutrition information for self-serve accompaniments, such as ketchup with french fries



## Examples

- Butter
- Margarine
- Oil
- Cream cheese
- Jelly
- Jam
- Mayonnaise
- Ketchup
- Mustard
- Relish
- Salad dressing
- Dipping sauces
- Sauce
- Gravy

# Examples of Foods with Accompaniments

- Bagel with cream cheese
- French fries with ketchup
- Salad with dressing
- Carrots with low-fat ranch dressing
- Vegetable egg roll with duck sauce
- Pasta with butter
- Muffin or roll with margarine or butter
- Black bean soup with sour cream



# Nutrients per Serving: Calories

| All foods except entrees | Entrees        |
|--------------------------|----------------|
| ≤ 200 calories           | ≤ 350 calories |

# Nutrients per Serving: Fat

| All foods  | Exemptions   |
|--|--|
| <ul style="list-style-type: none"><li>▪ &lt; 10% of calories</li><li>▪ No chemically altered fat substitutes</li></ul> | <ul style="list-style-type: none"><li>▪ Low-fat or reduced fat 100% natural cheese (including part-skim mozzarella)</li><li>▪ Nuts and seeds, including soy nuts and nut/seed butters</li><li>▪ Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats (including chemically altered fat substitutes)</li><li>▪ Seafood with no added fat</li><li>▪ Whole eggs with no added fat</li></ul> |



# Nutrients per Serving: Saturated Fat

| All foods  | Exemptions   |
|--|--|
| <ul style="list-style-type: none"><li>▪ &lt; 10% of calories</li><li>▪ No chemically altered fat substitutes</li></ul> | <ul style="list-style-type: none"><li>▪ Low-fat or reduced fat 100% natural cheese (including part-skim mozzarella)</li><li>▪ Nuts and seeds, including soy nuts and nut/seed butters</li><li>▪ Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats (including chemically altered fat substitutes)</li><li>▪ Whole eggs with no added fat</li></ul> |



# Fat/Saturated Fat Exemptions Not Allowed for

- *Combination foods* such as trail mix (e.g., dried fruit, nuts/seeds, cereal/pretzels)
- Foods containing the exempted foods as an *ingredient*, such as
  - peanut butter cookie
  - pecan cookie
  - peanut butter crackers
  - cheese sauce made with low-fat cheese



# Nutrients per Serving: Trans Fat

## All foods

- Zero (less than 0.5 gram)
- No partially hydrogenated oils \*

\* Read the ingredients statement to be sure that products do not contain partially hydrogenated oils

# Nutrients per Serving: Sugars

**All foods except smoothies, yogurt, and pudding**

- $\leq 35\%$  by weight
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols

**Exemptions**

- Dried whole fruits or vegetables
- Dried whole fruit or vegetable pieces
- Dehydrated fruits or vegetables
- Frozen desserts containing only 100% juice/fruit



# Nutrients per Serving: Sugars

## Smoothies

- $\leq 4$  grams of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols
- Portion size limit
  - $\leq 8$  fluid ounces for elementary schools
  - $\leq 12$  fluid ounces for middle and high schools



# Nutrients per Serving: Sugars

## Yogurt and pudding

- $\leq 4$  grams of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols



# Evaluating Commercial Foods



# Commercial Foods

- Purchased from vendors
- Include
  - *ready-to-eat foods*, e.g., ice cream, chips, crackers, cookies, and muffins
  - foods that the food service operation *heats or bakes*, e.g., canned soup, chicken nuggets, and bake-off frozen cookie dough



# Commercial Foods

- CSDE evaluates commercial products for CNS compliance
- Compliant foods are included on CSDE's List of Acceptable Foods and Beverages webpage



# CSDE Webpage

## List of Acceptable Foods and Beverages

### ■ Lists of brand-specific commercial

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

The screenshot shows the CSDE website page for the 'List of Acceptable Foods and Beverages'. The page includes a navigation bar with the CT.gov logo and search bar. The main content area features a left-hand navigation menu with options: Overview (selected), Documents/Forms, Related Resources, Laws/Regulations, and Contact. The 'Overview' section contains a list of links: School Nutrition Programs, Program Guidance, Forms, Resources, Nutrition Education, Beverage Requirements, CNS, Competitive Foods, and HFC. Below this is a paragraph explaining that the list is a brand-specific list of commercially prepared food products that comply with the Connecticut Nutrition Standards (CNS) and beverage requirements of Section 10-221q. A bulleted list follows, detailing that minimally processed naturally nutrient-rich foods are included unless individually packaged; schools and vendors are encouraged to submit new product information; the list is updated every few months; and a vendor contact information list is provided. A final paragraph states that public schools must comply with the beverage requirements of C.G.S. Section 10. A blue callout box at the bottom right instructs users to go to the Documents/Forms section in the left navigation bar to access the list.

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

# Evaluating Commercial Foods

- *Before* purchasing, check CSDE's webpage to verify that products are listed
  - Approval of products is specific to the *brand and variety* of food item
  - Must check that each variety is listed
- Submit information to CSDE for new products or products not listed



# CSDE Resource

## Submitting Food and Beverage Products for Approval

- Indicates the information required to submit food and beverage products to the CSDE to review for compliance with the CNS and state beverage statute

### Submitting Food and Beverage Products for Approval

#### Connecticut's List of Acceptable Foods and Beverages

The Connecticut State Department of Education (CSDE) reviews foods and beverages for compliance with the state nutrition standards for foods and beverages in schools. Foods that meet the [Connecticut Nutrition Standards](#), and beverages that meet the [state beverage requirements](#) of Section 10-221q of the Connecticut General Statutes and the U.S. Department of Agriculture (USDA) Smart Snacks standards, will be added to the CSDE's [List of Acceptable Foods and Beverages](#) webpage.

To submit a food or beverage product to the CSDE for review, provide a PDF of the actual product package, artwork for the product package, or a product specification sheet. The CSDE prefers that the submission includes the actual product packaging because it contains the most complete and accurate information. The product submission must include the following:

1. **Name of manufacturer**, exactly as it appears on the product label.
2. **Name of product**, exactly as it appears on the product label.
3. **Flavor or variety of product**, exactly as it appears on the product label.
4. **Nutrition facts label**, which must include the following nutrients: calories, total fat, saturated fat, trans fat, sugars, sodium, and fiber.
5. **List of ingredients**, which *must be in a format that can be electronically copied*.
6. **Actual package size**, which must list both individual serving size and actual package size. For frozen desserts, the serving size must include both volume (fluid ounces) and weight (ounces or grams) of one serving of the product.
7. **UPC code for the individual package** (12-digit code, i.e., 0-00000-00000-0) and case (14-digit code, i.e., 000-00000-00000-0) or the manufacturer product code if the product does not have a UPC code.
8. **List of distributors** that sell the products to schools in Connecticut. The CSDE's [Contact Information for Vendors](#) provides schools with contact information for manufacturers, brokers, and distributors that sell foods and beverages included on the List of Acceptable Foods and Beverages webpage. For any vendor not already listed, please provide the following contact information:
  - contact name
  - contact title
  - company name
  - company address (street, city, zip code)
  - phone
  - fax
  - e-mail
  - website (if available)

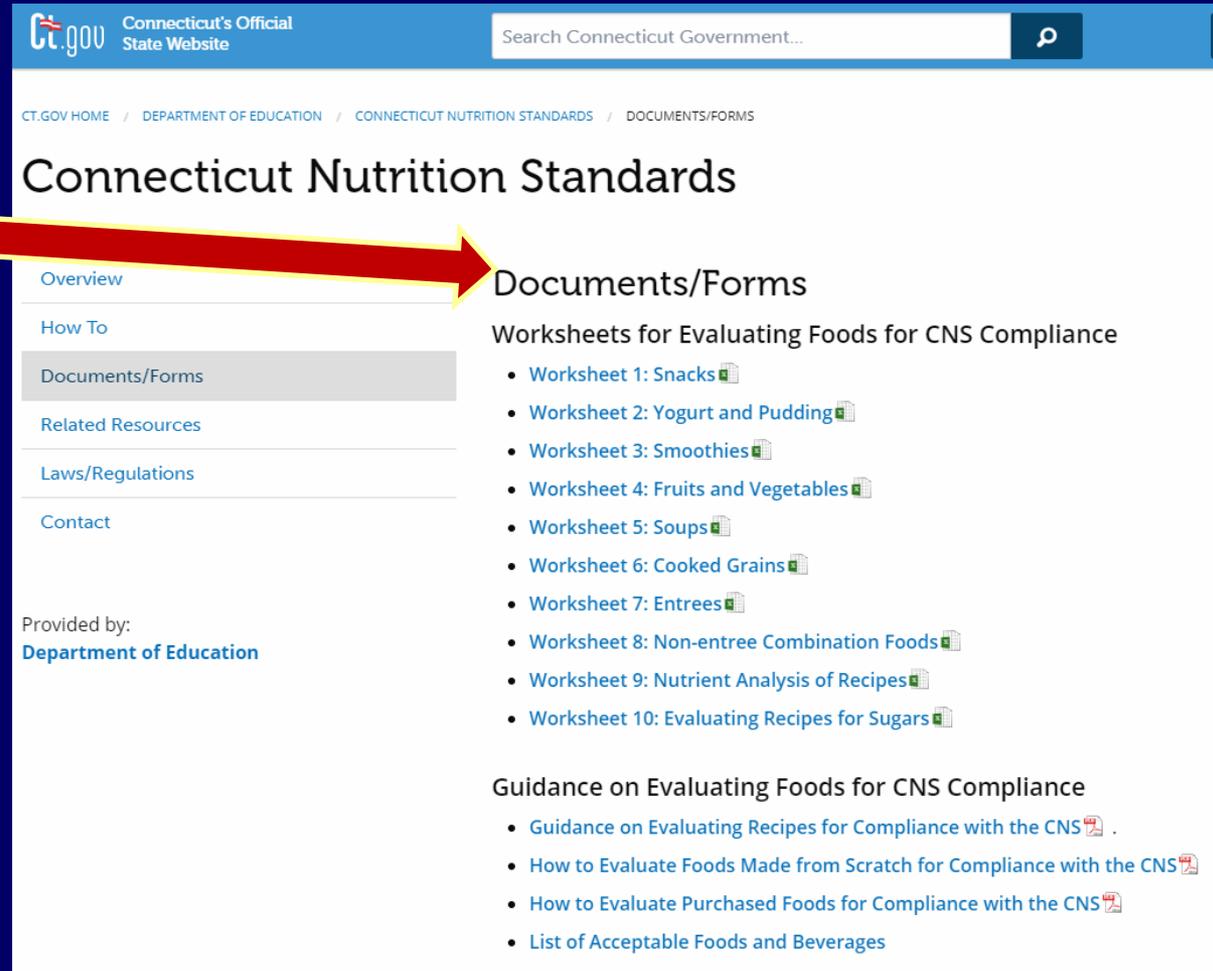
# Avoiding Compliance Issues for Commercial Products

 *Verify that commercial products* comply with CNS *before* selling to students

- Use CSDE's List of Acceptable Foods and Beverage webpage
- For products not listed, submit to CSDE for approval *before* selling
- May choose to screen products for compliance using the CNS worksheets (see slide 218)

# CNS Worksheets for Evaluating Foods

- 1 – Snacks
- 2 – Yogurt and pudding
- 3 – Smoothies
- 4 – Fruits and vegetables
- 5 – Soups
- 6 – Cooked grains
- 7 – Entrees
- 8 – Non-entree  
combination foods



Connecticut's Official State Website

Search Connecticut Government...

CT.GOV HOME / DEPARTMENT OF EDUCATION / CONNECTICUT NUTRITION STANDARDS / DOCUMENTS/FORMS

## Connecticut Nutrition Standards

- Overview
- How To
- Documents/Forms**
- Related Resources
- Laws/Regulations
- Contact

Provided by:  
Department of Education

### Documents/Forms

#### Worksheets for Evaluating Foods for CNS Compliance

- 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

#### Guidance on Evaluating Foods for CNS Compliance

- Guidance on Evaluating Recipes for Compliance with the CNS
- How to Evaluate Foods Made from Scratch for Compliance with the CNS
- How to Evaluate Purchased Foods for Compliance with the CNS
- List of Acceptable Foods and Beverages

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

# Avoiding Compliance Issues for Commercial Products

- ☑ ***Check vendor assurances*** of product compliance before purchasing
  - If a vendor indicates the product complies with the CNS, verify using CSDE webpage
- ☑ ***Check deliveries*** against product orders
- ☑ Train food service staff to ***monitor foods in vending machines*** stocked by an outside vendor

# CSDE Resource

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

- Overview of requirements and resources for evaluating purchased foods

### 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](#).

Connecticut State Department of Education • January 2020 • Page 1 of 3

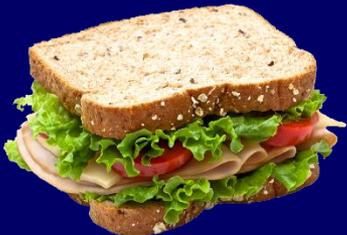
<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/EvaluatePurchasedCNS.pdf>

# Evaluating Foods Made from Scratch



## Foods Made from Scratch

1. Foods *prepared using a recipe*, such as entrees, soups, baked goods, cooked grains (pasta and rice), vegetables, and salad
2. Foods requiring some *additional processing* by adding other ingredients after purchasing



# Examples of Foods with Additional Processing

- Assembling a sandwich
- Making soup from scratch
- Making commercial tomato soup with milk instead of water
- Popping popcorn kernels with oil
- Making cookies or muffins from a mix and adding butter and eggs
- Adding sprinkles to purchased frozen cookie dough
- Making salads with dressing
- Cooking vegetables with oil, margarine, or butter
- Cooking pasta or rice with oil, margarine, or butter

# Avoiding Common Compliance Issues for Foods Made from Scratch

- ☑ Conduct a *nutrient analysis* of the recipe to determine if the serving complies with each CNS standard
  - Must determine that recipe complies with CNS *before* the food is sold to students
  - Remember to review commercial foods that the school *adds ingredients* to after purchasing (see examples on slide 223)

# Avoiding Common Compliance Issues for Foods Made from Scratch

- ☑ **Review** the recipe's nutrient analysis for compliance with **each standard** for the appropriate CNS food category
  - Make sure recipe includes **all** required CNS nutrients, such as trans fat and total sugars
  - If any nutrients are missing, must obtain nutrition information from other sources **before** evaluating the recipe for CNS compliance
  - To calculate sugars, see CNS worksheet 10 (see slide 228)

# Example of Missing Nutrients: USDA Recipes for Schools

## Spice Cake

Desserts

C-16

**Comments:**

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

| SERVING:   | YIELD:                            | VOLUME:                         |
|--|-----------------------------------|---------------------------------|
| 1 piece.<br>For Enhanced Meal Pattern only: 1 piece provides 1 serving of grains/breads. | <b>50 Servings:</b> 1 sheet pan   | <b>50 Servings:</b> 50 pieces   |
|  | <b>100 Servings:</b> 2 sheet pans | <b>100 Servings:</b> 100 pieces |
| Edited 2004  |                                   |                                 |

**Special Tip:**

For 50 servings, use 4 oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.

For 100 servings, use 8 oz (2 ¾ cups) dried whole eggs and 2 ¾ cups water in place of eggs.

Missing trans fat and sugars

| Nutrients Per Serving |         |                      |        |                      |         |
|-----------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>       | 233     | <b>Saturated Fat</b> | 2.14 g | <b>Iron</b>          | 1.30 mg |
| <b>Protein</b>        | 3.54 g  | <b>Cholesterol</b>   | 34 mg  | <b>Calcium</b>       | 81 mg   |
| <b>Carbohydrate</b>   | 36.91 g | <b>Vitamin A</b>     | 262 IU | <b>Sodium</b>        | 178 mg  |
| <b>Total Fat</b>      | 8.42 g  | <b>Vitamin C</b>     | 0.5 mg | <b>Dietary Fiber</b> | 1.2 g   |

<https://theicn.org/icn-resources-a-z/usda-recipes-for-schools/>

# Example of Missing Nutrients: USDA Recipes for Healthy Kids

## Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

| Notes  |                              |  |
|--|------------------------------|--|
| *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available. |                              |  |
| Serving  | Yield                        | Volume   |
| ¾ cup (6 fl oz spoodle) provides<br>¾ cup other vegetable and 1 oz<br>equivalent grains.   | 50 Servings:<br>about 9 lb   | 50 Servings:<br>about 1 gallon 2 cups<br>2 steam table pans    |
|  | 100 Servings:<br>about 18 lb | 100 Servings:<br>about 2 gallons 1 quart<br>4 steam table pans |

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

| Marketing Guide       |             |              |
|-----------------------|-------------|--------------|
| Food as Purchased for | 50 servings | 100 servings |
| Red bell peppers      | 14 oz       | 1 lb 12 oz   |
| Green onions          | 5 oz        | 10 oz        |
| Red onions            | 7 oz        | 14 oz        |
| Cherry tomatoes       | 1 lb 7 oz   | 2 lb 14 oz   |
| Parsley               | 1 ½ oz      | 3 oz         |

| Nutrients Per Serving |         |               |             |
|-----------------------|---------|---------------|-------------|
| Calories              | 165.87  | Saturated Fat | 1.21 g      |
| Protein               | 6.66 g  | Cholesterol   | 3.03 mg     |
| Carbohydrate          | 22.66 g | Vitamin A     | 414.48 IU   |
| Total Fat             | 5.62 g  | Vitamin C     | 12.38 mg    |
|                       |         |               | (24.27 RAE) |
|                       |         | Iron          | 1.85 mg     |
|                       |         | Calcium       | 42.30 mg    |
|                       |         | Sodium        | 278.10 mg   |
|                       |         | Dietary Fiber | 2.67 g      |

Missing trans  
fat and sugars



<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools>

# CSDE Resource

## CNS Worksheet 10: Evaluating Recipes for Sugars

- Excel worksheet that calculates total sugars per serving of a recipe

### Worksheet 10: Evaluating Recipes for Sugars

If a recipe contains added sugars or ingredients that contain naturally occurring sugars, the school must calculate the total amount of sugars per recipe serving. Using nutrient analysis software is the most accurate method for determining the nutrition information per serving. If a recipe's nutrition information per serving does not list total sugars, this information must be calculated manually using this worksheet.

Before calculating the recipe's sugar content, check to be sure that the recipe meets all other CNS requirements for the appropriate food category. For more information on the CNS requirements, see the Connecticut State Department of Education's (CSDE) document below.

- [Summary of Connecticut Nutrition Standards](#)

If the recipe does not meet each standard, it **cannot** be sold to students separately from reimbursable meals. Schools may be able to adjust the recipe's sugar content and reanalyze the revised recipe to determine if it meets the CNS.

**Note:** You will need to know the cooked weight (ounces) of the recipe serving before using this worksheet. The serving weight is required in step 6 to determine if the recipe meets the CNS for percentage of sugars by weight. If the recipe does not provide this information, you will need to calculate the average weight (ounces) of the serving, based on the prepared food (i.e., cooked, not raw). The average serving weight is determined by weighing several portions of the prepared recipe (see step 3). For more information, see the CSDE's handout below.

- [Yield Study Data Form](#)

For step 2, you will need to know the weight (ounces) of each sugar ingredient. Ingredients listed only by measure (e.g., cup, quart) must first be converted to ounces using the appropriate conversion factor for each type of sugar. Weighing the actual amount of each sugar ingredient provides the most accurate information. Table 1 indicates the weight per cup for some common sugar ingredients.

| Ingredient                     | Cups per pound | Weight per cup * |        |
|--------------------------------|----------------|------------------|--------|
|                                |                | pounds           | ounces |
| Brown sugar, firmly packed     | 2              | 0.5              | 8.0    |
| Brown sugar, lightly packed    | 3              | 0.3              | 5.3    |
| Corn syrup                     | 1½             | 0.7              | 10.7   |
| Granulated sugar (white sugar) | 2¼             | 0.4              | 7.1    |
| Honey                          | 1½             | 0.8              | 12.0   |
| Maple syrup                    | 1½             | 0.7              | 10.7   |
| Molasses                       | 1½             | 0.8              | 12.0   |
| Powdered sugar, sifted         | 3¼             | 0.3              | 4.3    |
| Powdered sugar, unsifted       | 3¼             | 0.3              | 4.9    |

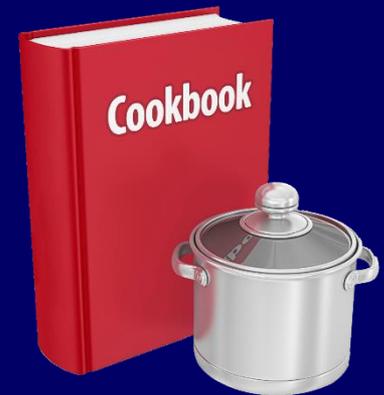
\* One pound equals 16 ounces.

If the recipe lists the sugar ingredients only in ounces, enter pounds below to convert to ounces.

pounds =  ounces

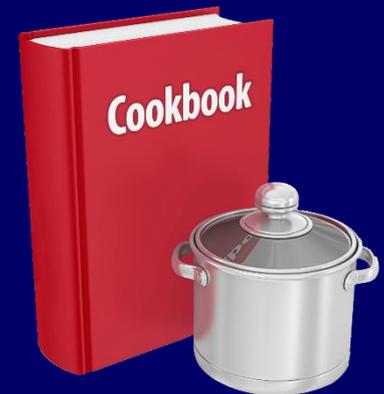
# How to Conduct Nutrient Analysis of Recipes

1. Obtain or develop a *standardized recipe* specifying the specific quantity of each ingredient used
2. Obtain *nutrition information* for each ingredient in the recipe (see slide 230 for resources)



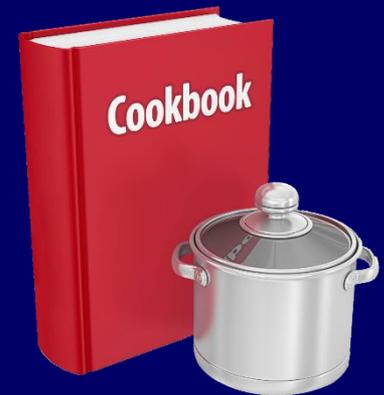
# Resources for Nutrition Information

- Nutrition Facts labels for recipe ingredients
- USDA FoodData Central Nutrient Database: <https://fdc.nal.usda.gov/>
- Nutrient analysis software programs
- For more resources, see “Nutrient Analysis” in the CSDE’s *Menu Planning and Food Production* list: <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMP.pdf>



# How to Conduct Nutrient Analysis of Recipes

3. Determine the nutrition information for *one serving* of the recipe using worksheet 9 (see slide 232)



# CSD E Resource

## CNS Worksheet 9: Nutrient Analysis of Recipes

- Excel worksheet that calculates the nutrition information per serving of a recipe

CNS Worksheet 9: Page 1 of 4

**Worksheet 9: Nutrient Analysis of Recipes**

Use Nutrition Facts labels and the U.S. Department of Agriculture's (USDA) FoodData Central nutrient database to obtain nutrition information for specific foods and ingredients in recipes. For information and guidance on nutrient analysis, see "Nutrient Analysis" in the Connecticut State Department of Education's (CSD E) resources below.

- [Guidance on Evaluating School Recipes for Compliance](#)
- [USDA's FoodData Central](#)
- [Menu Planning and Food Production Resource List](#)

**Instructions:** Enter information in the **blue boxes**. The yellow boxes will calculate automatically. Keep completed worksheets on file for Healthy Food Certification (HFC) documentation and the Administrative Review of school nutrition programs. The CSD E recommends maintaining completed worksheets electronically in a folder on the computer.

School district:  Recipe number:

Recipe name:  Date reviewed:

**Part 1: Ingredients and Nutrition Information**

**1** Review the recipe's **ingredients and amounts**. Complete all information in table 1 on page 2, following the example below.

- **Column 1:** List each ingredient. Include a **specific description** of the type, form, and pack of the food, as applicable. For example, all-purpose enriched flour, sifted; eggs, large; strawberries, raw, sliced; brown sugar, light, packed; margarine, trans fat free; and sliced peaches, canned, in juice. **Note:** Match each recipe ingredient as closely as possible to the ingredient in the database to ensure an accurate analysis.
- **Column 2:** For each ingredient listed in column 1, enter the **amount** (e.g., cups, quarts, tablespoons, and number) or **weight** (e.g., pounds and ounces) used in the recipe.
- **Columns 3-9:** Enter the nutrition information for each ingredient based on the **recipe amount** (column 2). Be sure to calculate the nutrition information for each ingredient based on the actual recipe amount. For example, if the recipe specifies 2 cups of whole-wheat flour but the Nutrition Facts label lists the nutrition information for ¼ cup, the amount of each nutrient must be multiplied by 8 to determine the total amount in the recipe. For assistance with recipe calculations, such as converting fractions to decimals, review the resources below.
  - [Basics at a Glance Portion Control Poster](#) (Institute of Child Nutrition (ICN))
  - [Table 8: Decimal Equivalents for Fractions of a Unit](#) ("Introduction" section, USDA's *Food Buying Guide for Child Nutrition Programs*)

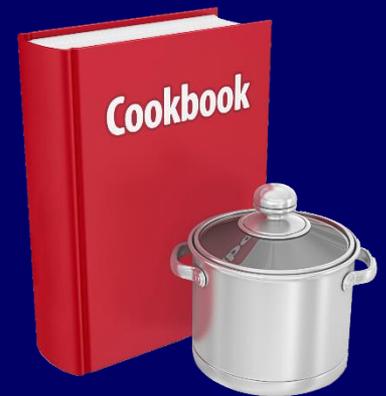
**Note:** The table below is an example and cannot be edited. Proceed to table 1 on page 2 to enter the recipe's ingredients.

| Sample Completed Table 1: Recipe Ingredients and Nutrition Information |  |                |              |                   |               |               |                   |               |
|--|--|----------------|--------------|-------------------|---------------|---------------|-------------------|---------------|
| Column 1   | Column 2   | Column 3       | Column 4     | Column 5          | Column 6      | Column 7      | Column 8          | Column 9      |
| Ingredient and description   | Amount (e.g., cups, quarts, number or weight (e.g., pounds, ounces)) | Calories       | Fat (g)      | Saturated fat (g) | Trans fat (g) | Sodium (mg)   | Dietary fiber (g) | Sugars (g)    |
| All-purpose flour, enriched  | 2 cups   | 455.00         | 1.22         | 0.19              | 0.00          | 2.50          | 3.38              | 0.34          |
| Whole-wheat flour  | 1½ cups  | 89.90          | 0.50         | 0.10              | 0.00          | 0.00          | 3.00              | 0.19          |
| Sugar, granulated  | 1 cup  | 724.00         | 0.60         | 0.00              | 0.00          | 0.00          | 0.00              | 188.00        |
| Baking powder  | 1 Tbsp. 2 tsp.   | 0.00           | 0.00         | 0.00              | 0.00          | 60.00         | 0.00              | 0.00          |
| Salt   | 1 tsp  | 0.00           | 0.00         | 0.00              | 0.00          | 590.00        | 0.00              | 0.00          |
| Low-fat milk   | 1½ cups  | 110.00         | 2.50         | 3.75              | 0.00          | 134.00        | 0.00              | 18.00         |
| Fresh large eggs   | 2 each   | 70.00          | 5.00         | 10.00             | 0.00          | 70.00         | 0.00              | 0.00          |
| Vegetable oil, canola  | 2/3 cup  | 120.00         | 14.00        | 149.33            | 0.00          | 0.00          | 0.00              | 0.00          |
| Frozen blueberries, thawed   | 1½ cups  | 79.00          | 0.99         | 1.49              | 0.00          | 1.55          | 4.18              | 19.65         |
| <b>Totals per recipe:</b>  |  | <b>1647.90</b> | <b>24.81</b> | <b>164.86</b>     | <b>0.00</b>   | <b>858.05</b> | <b>10.56</b>      | <b>226.18</b> |

Connecticut State Department of Education - Revised November 2019

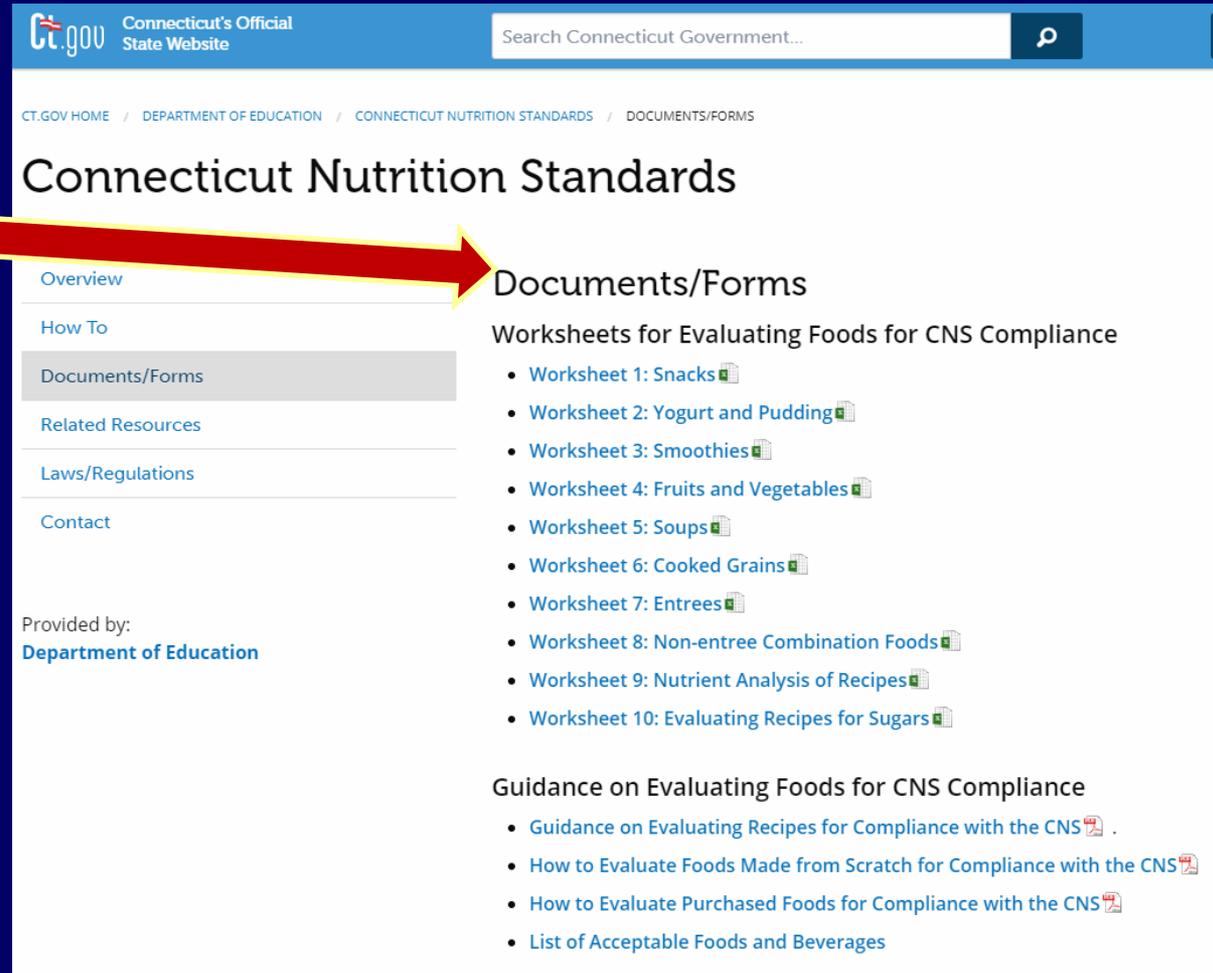
# How to Conduct a Nutrient Analysis of Recipes

4. Enter the recipe's nutrition information per serving into the CSDE's *CNS worksheet* for the appropriate CNS food category (worksheets 1-8)



# CNS Worksheets for Evaluating Foods

- 1 – Snacks
- 2 – Yogurt and pudding
- 3 – Smoothies
- 4 – Fruits and vegetables
- 5 – Soups
- 6 – Cooked grains
- 7 – Entrees
- 8 – Non-entree  
combination foods



Connecticut's Official State Website

Search Connecticut Government...

CT.GOV HOME / DEPARTMENT OF EDUCATION / CONNECTICUT NUTRITION STANDARDS / DOCUMENTS/FORMS

## Connecticut Nutrition Standards

- Overview
- How To
- Documents/Forms**
- Related Resources
- Laws/Regulations
- Contact

Provided by:  
Department of Education

### Documents/Forms

#### Worksheets for Evaluating Foods for CNS Compliance

- 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

#### Guidance on Evaluating Foods for CNS Compliance

- Guidance on Evaluating Recipes for Compliance with the CNS
- How to Evaluate Foods Made from Scratch for Compliance with the CNS
- How to Evaluate Purchased Foods for Compliance with the CNS
- List of Acceptable Foods and Beverages

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

# CSDE Resource

## Guidance on Evaluating Recipes for Compliance with the CNS

- Includes specific steps and resources for conducting a nutrient analysis of recipes

### Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards

Districts that choose the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS) for all foods sold to students on school premises, separately from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The CNS applies to all sources of food sales to students, including commercial products and recipes for foods made from scratch. Examples of sources of food sales include a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales, fundraisers, afterschool programs, and any other sales of foods to students.

This document addresses the requirements and steps to determine if recipes comply with the CNS. For information on HFC, see the Connecticut State Department of Education's (CSDE) document, [Requirements for Competitive Foods in HFC Public Schools](#), and the CSDE's [Healthy Food Certification](#) webpage. For information on the CNS requirements, see the CSDE's document, [Summary of Connecticut Nutrition Standards](#), and the CSDE's [Connecticut Nutrition Standards](#) webpage.

#### How to Determine if Recipes Comply with the CNS

Before selling any foods made from recipes to students separately from reimbursable meals, 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. If the recipe is missing this information, schools must conduct a nutrient analysis of the recipe. Recipes with nutrition information are required for the two categories of foods below.

- **Foods prepared from scratch using a recipe:** Examples of foods in this category 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.



- \* **Note:** Recipes and nutrition information are not required for entrees that are sold as part of reimbursable meals in NSLP and SBP, and are also sold a la carte at the same meal on the same day. These entrees are exempt from the CNS. This exemption applies only to the three categories of main dish entree items as defined by the CNS. Any other meal components sold separately from reimbursable meals must comply with the CNS for the appropriate food category. For example, muffins that are part of a reimbursable meal cannot be sold a la carte unless they meet the CNS snacks category.

Connecticut State Department of Education • Revised January 2020 • Page 1 of 8

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

# CSDE Resource

## How to Evaluate Foods Made from Scratch for Compliance with the CNS

- Overview of requirements and resources for evaluating foods made from scratch

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

Connecticut State Department of Education • January 2020 • Page 1 of 3

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

# Other Requirements for Foods and Beverages



# Other Requirements for Foods and Beverages

- **CGS Section 10-221q:** Connecticut's beverage statute for public schools (see slides 239-241 and 245-246)
- **Regulations of Connecticut State Agencies** (see slides 242-246)
  - Section 10-215b-1: *Competitive Foods*
  - Section 10-215b-23: *Accrual of Income*
- **CGS Section 10-221p:** Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (see slides 245-246)

# CSDE Resource

## Allowable Beverages in Connecticut Public Schools

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

### Allowable Beverages in Connecticut Public Schools

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

- "Sale" means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens and similar items. This includes any activities that suggest a student donation in exchange for foods and beverages.
- "Public schools" include regional educational service centers, the Connecticut Technical High School System, charter schools, interdistrict magnet schools, and endowed academies.



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

#### Beverage Categories

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

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

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

# CSDE Resource

## Presentation: Beverage Requirements for Connecticut Public Schools

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



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

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

# CSDE Webpage

## Beverage Requirements

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

The screenshot shows the official website for the Connecticut State Department of Education (CSDE) regarding beverage requirements. The page is titled "Beverage Requirements" and is part of the "DEPARTMENT OF EDUCATION" section. It features a navigation menu with "Overview", "Documents/Forms", "Laws/Regulations", and "Contact". The "Overview" section is currently selected. The page provides information about the state's beverage standards, including references to the Connecticut General Statutes (C.G.S.) and the USDA's Smart Snacks nutrition standards. It also lists specific requirements for public schools, such as the use of Healthy Food Certification (HFC) or participation in USDA school nutrition programs. A list of five prohibited beverage categories is provided, including milk, nondairy milk substitutes, 100 percent juice, and water. The page is provided by the Department of Education.

ct.gov Connecticut's Official State Website Search Connecticut Government... Language + Settings

CT.GOV HOME / DEPARTMENT OF EDUCATION / BEVERAGE REQUIREMENTS

### Beverage Requirements

Overview

Documents/Forms

Laws/Regulations

Contact

Provided by:  
Department of Education

HFC | Competitive Foods | CNS | List of Acceptable Foods and Beverages

Section 10-221q of the Connecticut General Statutes (C.G.S.) governs beverages sold to students in public schools at all times. It applies to beverages sold as part of school meals and separately from school meals anywhere on school premises, such as cafeteria sales, school stores, vending machines, fundraisers, and any other locations where beverages are sold.

The U.S. Department of Agriculture's (USDA) **Smart Snacks** nutrition standards apply to beverages sold to students separately from school meals during the school day on school premises, e.g., cafeteria a la carte sales, school stores, vending machines, fundraisers, and any other locations where beverages are sold. It applies to public schools, private schools, and residential child care institutions (RCCI) that participate in the USDA school nutrition programs, e.g., **National School Lunch Program (NSLP)**, **School Breakfast Program (SBP)**, **Afterschool Snack Program (ASP)**, and **Special Milk Program (SMP)**.

Public schools must comply with Smart Snacks and the stricter provisions of Connecticut's beverage statute. All schools (public and private) and institutions that participate in the USDA school nutrition programs must also comply with the state **competitive foods regulations** (Sections 10-215b-1 and 10-215b-23).

#### Beverage Requirements for Public Schools

Public school districts include the Connecticut Technical High School System, charter schools, interdistrict magnet schools, and endowed academies. All public schools must comply with the Smart Snacks beverage standards and the stricter provisions of the state beverage statute. The state beverage statute applies to **all public schools**, regardless of whether they choose the healthy food option of **Healthy Food Certification (HFC)** under C.G.S. Section 10-215f or participate in the USDA school nutrition programs.

The requirements below include the stricter provisions of the state beverage statute and Smart Snacks beverage standards.

- Milk, low-fat (1%) unflavored and nonfat flavored or unflavored** with no more than 4 grams of sugar per ounce and no artificial sweeteners.
- Nondairy milk substitutes such as soy or rice milk (flavored or unflavored)**, that meet the USDA nutrition standards for nutritionally equivalent milk alternatives and contain no artificial sweeteners, no more than 4 grams of sugar per fluid ounce, no more than 35 percent of calories from fat and no more than 10 percent of calories from saturated fat. For information on the USDA's nutrition standards for fluid milk substitutes, see the CSDE's handout, **Allowable Milk Substitutes for Children without Disabilities**.
- 100 percent juice (fruit, vegetable or combination)**, containing no added sugars, sweeteners (including nonnutritive sweeteners) or artificial sweeteners.
- Beverages that contain only water and juice**, with no added sugars, sweeteners (including nonnutritive sweeteners) or artificial sweeteners, and that meet the requirements specified in **Requirements for Beverages Containing Water and Juice**; and
- Water (plain or carbonated)**, which may be flavored but contains no added sugars, sweeteners (including nonnutritive sweeteners), artificial sweeteners or caffeine. **NOTE:** Water sold in elementary and middle schools must be unflavored. Water sold in high schools may be flavored or unflavored.

Portion sizes cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, with the exception of water, which is unlimited.

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

# CSDE Resource

## Connecticut's Competitive Foods Regulations

- Guidance on complying with Sections 10-215b-1 (competitive foods) and 10-215b-23 (accrual of income) of the Regulations of Connecticut State Agencies

### Connecticut Competitive Foods Regulations

This guidance applies to schools and institutions that participate in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs (CNPs), 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), Fresh Fruit and Vegetable Program (FFVP), Child and Adult Care Food Program (CACFP) At-risk Afterschool Meals operated in schools, and Summer Food Service Program (SFS) operated in schools.

**Note:** Residential child care institutions (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.



Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies address restrictions for sale and dispensing competitive foods to students on school premises and the accrual of income from competitive foods.

- "Competitive foods" are all foods and beverages available for sale to students on school premises separately from reimbursable meals and snacks in the CNPs.
  - The USDA's Smart Snacks nutrition standards address sales of competitive foods during the school day, which is the period from the midnight before to 30 minutes after the end of the official school day.
  - The state competitive foods regulations address sales of competitive foods from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. They also restrict giving certain foods and beverages to students during this time.
  - The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) (C.G.S. Section 10-215f) and allowable beverages (C.G.S. Section 10-221q) address sales of competitive foods at all times, except for sales that meet specific exemption criteria (see "Food exemptions for HFC public schools" on page 4 and "Beverage exemptions for HFC public schools" on page 7).
- "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.

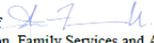
Connecticut State Department of Education • Revised February 2020 • Page 1 of 14

# CSDE Operational Memorandum

## CSDE Operational Memorandum No. 1-18: *Accrual of Income from Sales of Competitive Foods in Schools*

 STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION 

**TO:** Sponsors of the School Child Nutrition Programs

**FROM:** John D. Frassinelli, Chief   
Bureau of Health/Nutrition, Family Services and Adult Education

**DATE:** October 18, 2017

**SUBJECT:** Operational Memorandum No. 1-18  
Accrual of Income from Sales of Competitive Foods in Schools

The Connecticut State Department of Education (CSDE) has recently observed numerous compliance issues with competitive foods in schools. This memo serves as a reminder of the state requirements for the accrual of income from the sales of food items in schools, as legislated by Section 10-215b-23 of the Regulations of Connecticut State Agencies. Section 10-215b-23 requires that the income from any sales of competitive foods to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any school nutrition programs must accrue to the nonprofit food service account. This regulation applies to all Connecticut public schools, private schools, and residential child care institutions (RCCIs) that participate in the United States Department of Agriculture (USDA) school nutrition programs.

- “Income” means gross income.
- “Competitive foods” means all foods and beverages available for sale to students on school premises separately from reimbursable school meals, e.g., fundraisers, vending machines (including those operated by a contractor), school stores, culinary programs, and any other sources of food and beverage sales to students that occur on school premises.
- “Sales” means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens, and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages.
- “School premises” means all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system, or the governing authority district or school.
- “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 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).

P.O. BOX 2219 | HARTFORD, CONNECTICUT 06145  
*An Equal Opportunity Employer*

# CSDE Webpage

## Competitive Foods in Schools

- Federal and state laws for selling and giving foods and beverages to students in schools
- Requirements for public schools, private schools, and residential child care institutions
- Resources

The screenshot shows the CSDE website page for 'Competitive Foods in Schools'. The page has a blue header with the 'ct.gov' logo, 'Connecticut's Official State Website', a search bar, and 'Language + Settings' options. The breadcrumb trail reads 'CT.GOV HOME / DEPARTMENT OF EDUCATION / COMPETITIVE FOODS IN SCHOOLS'. The main heading is 'Competitive Foods in Schools'. On the left, there is a navigation menu with 'Overview' (selected), 'Documents/Forms', 'Laws/Regulations', and 'Contact'. Below the menu, it says 'Provided by: Department of Education'. The main content area has an 'Overview' section with links for 'School Nutrition Programs', 'Program Guidance', 'Forms', 'Resources', 'Nutrition Education', 'HFC', 'CNS', 'Smart Snacks', and 'List of Acceptable Foods and Beverages'. The text explains that competitive foods are available for sale to students on school premises, separately from reimbursable meals and snacks served through the U.S. Department of Agriculture's (USDA) Child Nutrition Programs (CNPs). It also notes that competitive foods include candy, coffee, tea, and soft drinks given to students on school premises while CNPs are operating. A second paragraph states that competitive foods are governed by federal and state laws, which require that foods and beverages must meet nutrition standards and other restrictions. Some laws apply differently depending on whether the school is a public school, private school, or residential child care institution (RCCI). Some laws apply during the school day, while others apply at all times or while the CNPs are operating. When the federal and state laws supersede each other, schools must follow the stricter requirements. For an overview of the federal and state laws and when they apply, see the CSDE's handout, 'Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions'.

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

# CSDE Resource

## Questions and Answers on Connecticut Statutes

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

Questions and Answers on  
Connecticut Statutes  
for School Foods and Beverages



Connecticut State Department of Education  
Bureau of Health/Nutrition, Family Services and Adult Education  
450 Columbus Boulevard, Suite 504  
Hartford, CT 06103-1841

Revised February 2020

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

# CSDE Resource

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

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

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

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

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

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

#### Overview of Requirements

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

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

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



Connecticut State Department of Education • Revised February 2020 • Page 1 of 40

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

# More Resources



# CSDE Webpage

## Healthy Food Certification

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

Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

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

### Healthy Food Certification (HFC)

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

Provided by:  
Department of Education

#### Overview

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

Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes requires that each board of education or governing authority for all public schools participating in the [National School Lunch Program \(NSLP\)](#) must **certify annually** to the Connecticut State Department of Education (CSDE) whether the district will follow the [Connecticut Nutrition Standards \(CNS\)](#) for all foods sold to students separately from reimbursable school meals.

The CNS applies to all sources of food sales on school premises at all times including, but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises. Districts that choose the healthy food option of HFC receive an additional 10 cents per lunch, based on the total number of reimbursable lunches (paid, free, and reduced) served in the prior school year.

#### HFC Overview

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

#### List of HFC Districts (School Year 2019-20)

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

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

# CSDE Webpage

## Healthy Food Certification: Related Resources

- Adult education programs
- Competitive foods
- Fundraisers
- HFC overview
- School stores
- Vending machines



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

### Healthy Food Certification (HFC)

Overview

Eligibility

Apply

Documents/Forms

**Related Resources**

Laws/Regulations

FAQs

Contact

Provided by:  
Department of Education

#### Related Resources

- [Adult Education: Requirements for Selling Foods and Beverages in Adult Education Programs](#)
- [Beverage Requirements \(CSDE webpage\)](#)
- [Complying with HFC Presentation](#)
- [Competitive Food in Schools \(CSDE webpage\)](#)
  - [Connecticut Competitive Foods Regulations](#)
    - [Regulations of Connecticut State Agencies \(Sections 10-215b-1 and 10-215b-23\)](#)
    - [Connecticut Competitive Foods Regulations](#)
    - [CSDE Operational Memorandum No. 1-18 : Accrual of Income from Sales of Competitive Foods in Schools](#)
  - [Guide to Competitive Foods in HFC Public Schools](#)
- [Connecticut Nutrition Standards \(CSDE webpage\)](#)
  - [Guidance on Evaluating Recipes for Compliance with the CNS](#)
  - [How to Evaluate Foods Made from Scratch for Compliance with the CNS](#)
  - [How to Evaluate Purchased Foods for Compliance with the CNS](#)
- [Ensuring District Compliance with HFC](#)
- [Evaluating Foods for Compliance](#)
- [Fundraisers](#)
  - [Healthy Fundraisers](#)
  - [Fundraiser Form](#)
  - [Fundraiser Requirements \(Presentation\)](#)
  - [Requirements for Food and Beverage Fundraisers in HFC Public Schools](#)
- [List of Acceptable Foods and Beverages \(CSDE webpage\)](#)
- [List of Vendor Contact Information](#)
- [Q&A on Connecticut Statutes for School Foods and Beverages](#)

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

# CSDE Webpage

## Connecticut Nutrition Standards

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

The screenshot shows the official Connecticut State Website for the Department of Education's Connecticut Nutrition Standards. The page features a navigation menu on the left with options: Overview (selected), How To, Documents/Forms, Related Resources, Laws/Regulations, and Contact. The main content area includes an 'Overview' section with links to School Nutrition Programs, Program Guidance, Forms, Resources, and Nutrition Education. It also provides a list of links: Healthy Food Certification, Beverage Requirements, and List of Acceptable Foods and Beverages. The text explains that the standards were developed in response to Section 10-215e of the General Statutes and focuses on moderating calories, limiting fat and sugar, and promoting nutrient-dense foods. A 'CNS Documents' section lists links for the 2019-20 and 2020-21 summary document, the full CNS document, and a presentation. A callout box at the bottom provides a tip on how to evaluate foods for compliance.

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

# CSDE Resource

## Summary of CNS

### Connecticut Nutrition Standards for School Years 2019-20 and 2020-21

This document summarizes the Connecticut State Department of Education's (CSDE) publication, *Connecticut Nutrition Standards for Foods in Schools*, for school years 2019-20 and 2020-21 (July 1, 2019, through June 30, 2021). The Connecticut Nutrition Standards (CNS) is based on current nutrition science and national health recommendations from the 2015-2020 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HFFKA of 2010*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Public schools that choose the healthy food option of [Healthy Food Certification \(HFC\)](#) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable meals, at all times and from all sources. This includes, but is not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers, and any other sources of food sales to students on school premises. Foods that comply with the CNS are listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, which includes brand-specific lists of commercial food products that comply with the CNS and beverages that comply with the state beverage requirements of C.G.S. [Section 10-221q](#).

In HFC schools, foods that do not comply with the CNS can only be sold if the local board of education or governing authority votes to allow exemptions, and the following conditions are met:

- the sale is in connection with an event occurring after the end of the regular school day or on the weekend;
- the sale is at the location of the event; and
- the foods are not sold from a vending machine or school store.

An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and school debates are events, but soccer practices, play rehearsals, and debate team meetings are not. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. "Location" means where the event is being held, and must be the same place as the food sales. For example, foods can be sold on the side of the soccer field during a soccer game, but not in the school cafeteria while a game is played on the soccer field.

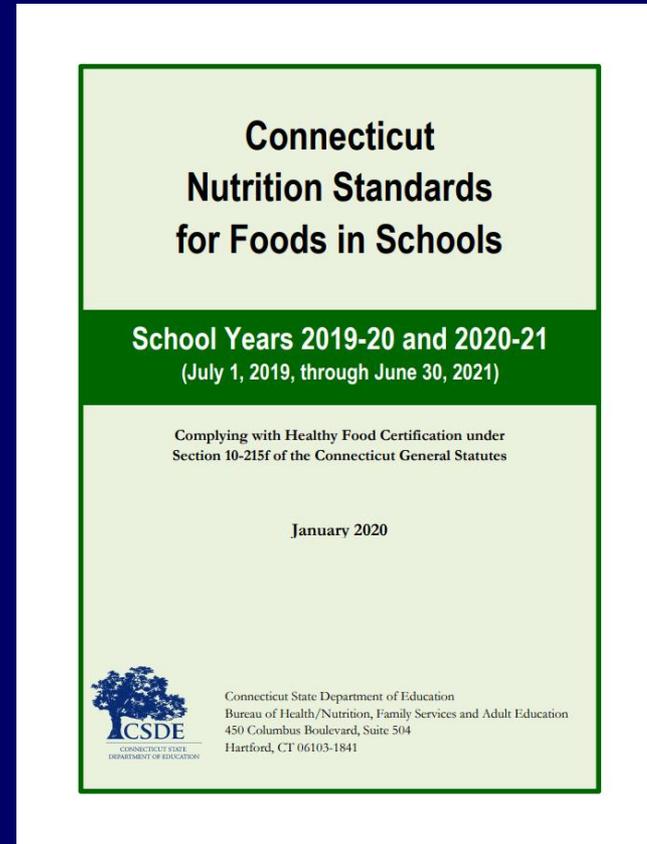
Connecticut State Department of Education • January 2020 • Page 1 of 16

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

# CSDE Resource

## Full CNS Document

- Background
- Rationale
- Implementation guidance



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

# CSDE Resource

## Guide to Competitive Foods in HFC Public Schools

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

### Guide to Competitive Foods in HFC Public Schools



*Complying with the state and federal requirements for selling and giving competitive foods to students in public schools that choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes*



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

# CSDE Resource

## Requirements for Food and Beverage Fundraisers in HFC Public Schools

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

### Requirements for Food and Beverage Fundraisers in HFC Public Schools

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

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

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

#### Overview of Federal and State Requirements

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

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

# CSDE Resource

## Presentation: HFC Fundraiser Requirements

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



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

Healthy Food Certification  
(HFC) Fundraiser  
Requirements

CSDE  
CONNECTICUT STATE  
DEPARTMENT OF EDUCATION

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

Connecticut State Department of Education • Revised February 2020 1

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

# CSDE Resource

## Presentation: Complying with Healthy Food Certification

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



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

# CSDE Resource

## Resources for Healthy Foods and Beverages in Schools

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

### Resources for Healthy Foods and Beverages in Schools

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

The federal and state requirements include:

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

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



Connecticut State Department of Education • Revised January 2020 • Page 1 of 12

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

# CSDE Child Nutrition Programs

## CSDE School Nutrition Programs Staff

| County  | Consultant   |
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# CSDE Child Nutrition Programs

## CSDE School Nutrition Programs Staff

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| <p>Seamless Summer Option (SSO) of the NSLP<br/> Summer Food Service Program (SFSP)</p>                           | <p>Caroline Cooke<br/> caroline.cooke@ct.gov • 860-807-2144</p>   |
| <p>Child Nutrition Webpages<br/> Healthy Food Certification (HFC)<br/> Nutrition Education<br/> Special Diets</p> | <p>Susan Fiore<br/> susan.fiore@ct.gov • 860-807-2075</p>   |
| <p>Community Eligibility Provision (CEP)<br/> School Wellness Policies</p>  | <p>Donna Heins<br/> donna.heins@ct.gov • 860-807-2082</p>   |
| <p>Special Milk Program (SMP)<br/> Summer Food Service Program (SFSP)</p>   | <p>Terese Maineri<br/> terese.maineri@ct.gov • 860-807-2145</p>   |
| <p>Fresh Fruit and Vegetable Program<br/> Food service management companies</p>                                   | <p>Andy Paul<br/> andrew.paul@ct.gov • 860-807-2048</p>   |



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