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

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

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

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

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About This Guide

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

- USDA's Smart Snacks nutrition standards for competitive foods (81 FR 50131);
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- USDA's School Wellness Policy (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act of 2010);
- USDA's regulation for revenue from nonprogram foods (7 CFR 210.14 (f)); and
- USDA's policies and guidance for competitive foods (USDA policy memos for the NSLP and SBP.

Some of the federal requirements are stricter than the state requirements, and some of the state requirements are stricter than the federal requirements. For example, the USDA's Smart Snacks nutrition standards apply to sales of competitive foods to students during the school day. However, the state competitive foods regulations apply to sales of competitive foods to students whenever any Child Nutrition Programs are operating, including during and after the school day. They also apply when candy, coffee, tea, and soft drinks are given to students.

When the federal and state requirements are different, private schools and RCCIs must comply with the strictest requirement. This guide indicates when the federal and state laws supersede each other, and how they apply to different sources of foods and beverages in private schools and RCCIs.

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

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

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

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

CSDE Contact Information

For questions regarding the federal and state requirements for competitive foods, please contact Susan Fiore at susan.fiore@ct.gov or 860-807-2075. For questions regarding the school nutrition programs, please contact the school nutrition programs staff in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education.

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For a complete listing of the CSDE's Child Nutrition Programs staff, refer to the CSDE's resource, *Child Nutrition Staff and Responsibilities*.

Abbreviations and Acronyms

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

1 — Overview

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

"Competitive foods" are all foods and beverages available for sale to students on school premises separately from reimbursable meals served through the USDA Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating. The CNPs include the:

- National School Lunch Program (NSLP);
- School Breakfast Program (SBP) ;
- Afterschool Snack Program (ASP) of the NSLP (**Note:** RCCIs may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation);
- 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 (**Note:** RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children); and
- Summer Food Service Program (SFSP) operated in schools.

Competitive foods include creditable and noncreditable foods.

- "Creditable foods" are foods and beverages that credit toward the USDA's meal patterns for reimbursable meals and ASP snacks in the CNPs. Creditable foods are competitive foods when they are sold separately from reimbursable meals and ASP snacks. Examples include 100 percent juice, low-fat and fat-free milk, entrees (such as pizza, chicken nuggets, and turkey sandwich), soup, low-fat yogurt, fruits, vegetables, french fries, salad, pasta, rice, and whole grain-rich crackers, cookies, muffins, and pasta. For information on crediting foods in the school nutrition programs, refer to

the CSDE's resources, *Menu Planning Guide for School Meals for Grades K-12, Menu Planning Guide for Preschoolers in the NSLP and SBP,* and *ASP Handbook*.

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

All competitive foods must comply with the federal and state requirements. Some of the federal requirements are stricter than the state requirements, and some of the state requirements are stricter than the federal requirements. For example, the USDA's Smart Snacks nutrition standards apply to sales of competitive foods to students during the school day. However, the state competitive foods regulations apply to sales of competitive foods to students whenever CNPs are operating, including during and after the school day. They also apply to **giving** candy, coffee, tea, and soft drinks to students.

When the federal and state requirements differ, private schools and RCCIs must comply with the strictest requirement. This guide indicates when the federal and state laws supersede each other, and how they apply to different sources of foods and beverages in private schools and RCCIs.

Sources of Competitive Foods

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

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

Afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs

Cafeteria a la carte sales

Classes and educational programs that prepare foods and beverages, such as culinary arts programs and family and consumer sciences classes

Classroom parties and other celebrations

Clubs and organizations

Concession stands

Fundraisers conducted by school groups and non-school groups

Programs and meetings that charge a fee that includes the cost of foods and beverages provided to students

School stores, kiosks, and other school-based enterprises

Sports competitions, such as games, matches, and tournaments

Sports programs

Summer school programs (e.g., enrichment or exploratory) operated by the school governing authority

USDA's Afterschool Snack Program (ASP)

USDA's Seamless Summer Option (SSO) of the NSLP

USDA's Summer Food Service Program (SFSP) operated by the school governing authority on school premises

Vending machines

Vendors on school campus, e.g., food service management companies (FSMCs), food trucks, caterers, online and mobile food delivery companies, and other outside entities that sell foods and beverages to students

Any other programs, organizations, and activities selling or giving foods and beverages to students on school premises

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

Federal and State Requirements

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

- USDA's Smart Snacks nutrition standards for competitive foods (Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010 (81 FR 50131));
- Connecticut's competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies);
- USDA's School Wellness Policy (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act of 2010);
- USDA's regulations for revenue from nonprogram foods (7 CFR 210.14 (f)); and
- USDA's policies and guidance for competitive foods (FNS Documents & Resources).

Table 1-2 summarizes when the federal and state requirements apply to private schools and RCCIs, which foods and beverages they restrict, and whether they apply to selling or giving foods and beverages to students (refer to "Sales to Students" and "Giving Foods and Beverages to Students" in section 2). An overview of each requirement begins on page 6.

Table 1-2. Requirements for competitive foods in private schools and RCCIs				
Federal/state requirement	**Applies to**	**When applies**	**Applies to**	
			Selling	**Giving**
Federal (USDA): Smart Snacks nutrition standards (81 FR 50131)	All foods and beverages sold to students on school premises separately from reimbursable meals and ASP snacks through the CNPs. [1]	During the school day.	Yes	No
State: Section 10-215b-1 of the Regulations of Connecticut State Agencies: Competitive foods (candy, coffee, tea, and soft drinks)	Selling and giving candy, coffee, tea, and soft drinks to students on school premises while any CNPs are operating. [2]	From 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.	Yes	Yes
State: Section 10-215b-23 of the Regulations of Connecticut State Agencies: Accrual of Income	Accrual of income from all sales of foods and beverages to students anywhere on school premises while any CNPs are operating. [2]	From 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.	Yes	No
Federal (USDA): School Wellness Policy (Public Law 108-265) and the Healthy, Hunger-Free Kids Act of 2010	Selling and giving foods and beverages to students on school premises, separately from reimbursable meals and ASP snacks through the CNPs. [3]	During the school day.	Yes	Yes

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

Federal/state requirement	Applies to	When applies	Applies to	
			Selling [1]	Giving [1]
Federal (USDA): Revenue from Nonprogram Foods (7 CFR 210.14 (f))	All foods and beverages purchased using funds from the nonprofit school food service account, and sold to students and adults on school premises, outside of reimbursable meals and ASP snacks. **Note:** Cafeteria a la carte sales are the most common source of nonprogram foods. This regulation also applies to vending machines when the foods and beverages are purchased using funds from the nonprofit school food service account.	At all times.	Yes	No

[1] The Smart Snacks nutrition standards do not apply to foods and beverages intended for consumption at home. Examples include products in a precooked state (such as frozen pies and cookie dough) or in bulk quantities (multiple servings per package), such as boxes of candy bars or cookies, and bags of popcorn kernels or gourmet coffee beans.

[2] The state competitive foods regulations apply regardless of when students will consume the foods and beverages. This includes products in a precooked state (such as frozen pies and cookie dough) or in bulk quantities (multiple servings per package), such as boxes of candy bars or cookies, and bags of popcorn kernels or gourmet coffee beans.

[3] The LEA's school wellness policy must include standards and nutrition guidelines for all foods and beverages and beverages available for sale to students, and provided to students free of any charge, on school premises during the school day (refer to "USDA School Wellness Policy" in this section).

Smart Snacks Nutrition Standards

All schools and institutions that participate in the NSLP or SBP must comply with the USDA's Smart Snacks nutrition standards. The Smart Snacks nutrition standards apply to competitive foods sold to students on school premises during the school day, separately from reimbursable meals and ASP snacks in the CNPs.

- "Sales" means the exchange of a determined amount of money (including the purchase of coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of beverages provided to students; and activities that suggest a student donation in exchange for beverages. Under the state competitive foods regulations, sales also include coupons, tickets, tokens, and similar items that are given to students (such as food rewards) and can be exchanged for certain foods and beverages. For more information, refer to "Sales to Students," "Giving Foods and Beverages to Students," and "Food Rewards" in section 2.

- "Competitive foods" are all foods and beverages available for sale to students on school premises during the school day, other than reimbursable meals served through the CNPs. The state competitive foods regulations extend this time **beyond** the school day because they apply whenever CNPs are operating, including during and after the school day.

- The "school campus" is all areas of the property under the jurisdiction of the school that are accessible to students during the school day. The state competitive foods regulations extend this time **beyond** the school day because they apply whenever CNPs are operating, including during and after the school day.

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

The Smart Snacks nutrition standards do not apply to:

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

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

Standards for foods

The Smart Snacks nutrition standards limit calories, fat, saturated fat, trans fat, sodium, and added sugars; and promote more nutrient-rich foods such as fresh fruits, vegetables, whole grains, low-fat dairy, legumes, and lean meats. The two Smart Snacks food categories are entrees sold only a la carte and side dishes.

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

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

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

cereal bars and granola bars; cheese, e.g., low fat cheese sticks and low-fat cheese cubes; yogurt and soy yogurt; and fruit/vegetable smoothies.

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

Identifying Allowable Foods and Beverages

Commercial food products and foods made from scratch must comply with the Smart Snack nutrition standards when they are available for sale during the school day to students on school premises, separately from reimbursable meals served through the CNPs. For information on the specific Smart Snacks requirements, refer to the CSDE's resources, *Summary of Smart Snacks Nutrition Standards* and *Questions and Answers on Smart Snacks*,, and visit the CSDE's Smart Snacks Nutrition Standards webpage.

The Smart Snacks nutrition standards apply to the amount of the food **as served**, including any added accompaniments such as butter, margarine, cream cheese, jelly, mayonnaise, ketchup, mustard, relish, salad dressing, sauce, and gravy. When a food includes an accompaniment (such as a bagel with cream cheese or pancakes with butter and syrup), the nutrition information for the **food and accompaniments** must be added together to refer to the serving for Smart Snacks compliance.

Commercial products

The serving of a commercial product (including any added accompaniments) must meet each nutrition standard for the applicable food category of the Smart Snacks nutrition standards. The CSDE's List of Acceptable Foods and Beverages webpage identifies commercial food and beverage products that comply with Smart Snacks. Schools may also use the Alliance for a Healthier Generation's Smart Snacks Product Calculator to assess products for compliance with Smart Snacks.

Foods made from scratch

The recipe's serving (including any added accompaniments) must meet each nutrition standard for the applicable Smart Snacks food category. Entities that sell foods made from scratch must complete the two steps below to provide documentation of each recipe's compliance with Smart Snacks **before** selling these foods to students. Maintain this information on file for the Administrative Review of the school nutrition programs.

1. **Standardized recipe with nutrition information per serving:** *This step is required to determine the recipe's nutrition information per serving.* Foods made from scratch must have a standardized recipe that indicates the calories, fat, saturated fat, trans fat, sodium, and sugars per serving. A standardized recipe has been tried, adapted, and retried several times for use by a given foodservice operation; and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment, and the same quantity and quality of ingredients. Standardized **quantity** recipes produce 25 or more servings. For guidance on developing and using standardized recipes, visit the "Standardized Recipes" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

    - If the recipe does not include nutrition information or is missing nutrients, the selling entity must conduct a nutrient analysis to determine the recipe's nutrition information per serving. The nutrient analysis can be conducted with a nutrient analysis software program, or a nutrient analysis database and the CSDE's CNS Worksheet 9: Nutrient Analysis of Recipes.

    - If the recipe is missing nutrition information for sugars, calculate this information using CNS Worksheet 10: Evaluating Recipes for Sugars. .

2. **Comparison of recipe's nutrition information per serving with the applicable Smart Snacks food category:** *This step is required to determine if the recipe's serving complies with the Smart Snacks nutrition standards.* Compare the recipe's nutrition information per serving from step 1 (including any added accompaniments) with the required Smart Snacks nutrition standards.

Entities that sell foods made from scratch to students must complete these documentation requirements for all foods in the two categories below.

- **Category 1: Foods prepared from scratch using a recipe:** Examples include entrees sold only a la carte (not as part of reimbursable NSLP and SBP meals) such as pizza, chef's salad, and lasagna; soups; cooked grains such as rice or 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 and nutrition information are **not** required for entrees that are sold a la carte **on the day of service or the day after service** that they are sold as part of reimbursable meals. These entrees are exempt and may be sold a la carte during the meal periods if they: 1) are the same or smaller portion size as the NSLP and SBP; and 2) have the same accompaniments.

Note: This exemption applies only to the **three categories of main dish entree items** (lunch) and **grain-only items** (breakfast only) defined by Smart Snacks. Any other meal components sold separately from reimbursable meals must comply with Smart Snacks. For example, french fries that are part of a reimbursable meal cannot be sold a la carte unless they meet the Smart Snacks nutrition standards. For more information, refer to the CSDE's resource, *Summary of the Smart Snacks Nutrition Standards for Competitive Foods in Schools*.

- **Category 2: Foods with other ingredients added after purchasing:** Examples include popping popcorn kernels in oil; assembling a sandwich; making muffins from a mix and adding butter and eggs; adding butter to rice and pasta; adding dressing to salad; and adding sprinkles to commercial frozen cookie dough. The selling entity 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.

For more information on evaluating recipes, refer to the CSDE's resources, *Guidance on Evaluating Recipes for Compliance with the CNS* and *How to Evaluate Foods Made from Scratch for Compliance with the CNS*, and visit the "How To" section of the CSDE's CNS webpage. **Note:** While these resources address evaluating foods for compliance with the Connecticut Nutrition Standards (CNS) for HFC public schools, the same concepts apply to evaluating foods for compliance with the Smart Snacks nutrition standards.

Allowable beverages

The Smart Snacks nutrition standards for beverages are the same for elementary and middle schools, but are different for high schools. Allowable beverages for all grades include:

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

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

Additional beverage categories for high school students

The Smart Snacks nutrition standards include two additional categories of "flavored and/or carbonated beverages" allowed only for high school students. Beverages in these categories must meet specific Smart Snacks calorie limits for the amount **as served**. When a beverage includes an accompaniment (such as coffee with milk and sugar, or tea with milk and honey), the nutrition information for the **beverage and accompaniments** must be added together to refer to the serving for compliance with the Smart Snacks calorie limits. For example, if a serving of coffee includes 2 tablespoons of milk and 2 teaspoons of sugar, the selling entity must calculate the calories per serving for the coffee, milk, and sugar; then compare the total calories with the applicable Smart Snacks category for "flavored and/or carbonated beverages."

Table 1-3. Smart Snacks nutrition standards for beverages			
Beverage category	**Elementary**	**Middle**	**High**
Low-fat (1%) milk, unflavored	8 fluid ounces (fl oz)	12 fl oz	12 fl oz
Fat-free milk, flavored or unflavored, including nutritionally equivalent milk alternatives permitted by the school meal requirements [1]	8 fl oz	12 fl oz	12 fl oz
100% fruit/vegetable juice	8 fl oz	12 fl oz	12 fl oz
100% fruit/vegetable juice diluted with water and no added sweeteners (with or without carbonation)	8 fl oz	12 fl oz	12 fl oz
Plain water (with or without carbonation)	Unlimited	Unlimited	Unlimited
Calorie-free, flavored water (with or without carbonation)	Not permitted	Not permitted	20 fl oz
Flavored and/or carbonated beverages [2] • Less than 5 calories per 8 fluid ounces or • No more than 10 calories per 20 fluid ounces	Not permitted	Not permitted	12 fl oz
Flavored and/or carbonated beverages [2] • No more than 40 calories per 8 fluid ounces or • No more than 60 calories per 12 fluid ounces	Not permitted	Not permitted	12 fl oz

[1] For information on allowable milk substitutes, refer to the CSDE's resource, *Milk Substitutes for Children without Disabilities in School Nutrition Programs*.

[2] Beverages in the category of "flavored and/or carbonated beverages" must be evaluated for compliance with the calorie limit based on the amount **as served**, including any added accompaniments, such as milk, cream, sugar, and honey.

State Competitive Foods Regulations

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

- "Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students; and activities that suggest a student donation in exchange for foods and beverages. For more information, refer to "Sales to Students" in section 2.

- "Dispensing" means to give, provide, or distribute foods and beverages to students. This includes foods and beverages that are given to students free of any charge, such as food rewards and classroom parties. For more information, refer to "Giving Foods and Beverages to Students" in section 2.

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

- "Coffee" and "tea" include all types, e.g., regular, decaffeinated, herbal, and iced.

- "Soft drinks" include all beverages (with or without carbonation) that contain water and/or juice and added sweeteners (including nutritive sweeteners and artificial or natural nonnutritive sweeteners), and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients. Examples of soft drinks include soda (regular and diet), sports drinks (regular, low-calorie, and zero calorie), sweetened beverages (with or without carbonation) that are not 100 percent juice (such as lemonade and fruit punch drinks), and flavored water with added sweeteners.

Section 10-215b-1: Restrictions for candy

The Smart Snacks nutrition standards prohibit **selling** candy to students on school premises during the school day. However, Section 10-215b-1 of the state competitive foods regulations extends restrictions for candy because it prohibits **selling and giving** candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including **during and after** the school day. The examples below show how Section 10-215b-1 applies.

- **Example 1:** The SBP operates from 7:00 a.m. to 7:30 a.m. School staff cannot give candy rewards to students on school premises from 6:30 a.m. to 8:00 a.m. A fundraiser cannot offer candy to students in exchange for a suggested donation during this time.

- **Example 2:** The NSLP operates from 11:30 a.m. to 1:00 p.m. A classroom party on school premises cannot give candy to students from 11:00 a.m. to 1:30 p.m.

- **Example 3:** The ASP operates after the school day from 3:30 p.m. to 4:30 p.m. School stores on school premises cannot sell candy to students from 3:00 p.m. to 5:00 p.m. Teachers cannot give candy to students on school premises during this time.

- **Example 4:** The At-Risk Afterschool Meals program serves supper from 5:00 p.m. to 6:00 p.m. A booster club at a sports competition on school premises cannot sell candy to students from 4:30 p.m. to 6:30 p.m.

If CNPs are not operating, candy could be sold or given to students on school premises **after** the school day. For example, if school ends at 3:00 p.m., candy could be sold or given to students from 3:31 p.m. to 11:59 p.m. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating candy on school premises.

Section 10-215b-1: Restrictions for coffee, tea, and soft drinks

Section 10-215b-1 prohibits selling and giving coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

Elementary and middle school students

The Smart Snacks nutrition standards prohibit **selling** coffee, tea, and soft drinks to elementary and middle school students during the school day, but do not apply after the school day or when these beverages are given to students free of any charge or contribution. Section 10-215b-1 of the state competitive foods regulations extends restrictions for coffee, tea, and soft drinks because it prohibits **selling and giving** these beverages to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including **during and after** the school day.

- **Example 1:** The SBP operates from 7:00 a.m. to 7:30 a.m. School staff cannot give coffee, tea, and soft drinks to students on school premises from 6:30 a.m. to 8:00 a.m. A fundraiser cannot offer these beverages to students in exchange for a suggested donation during this time.

- **Example 2:** The NSLP operates from 11:30 a.m. to 1:00 p.m. A classroom party on school premises cannot give coffee, tea, and soft drinks to students from 11:00 a.m. to 1:30 p.m.

- **Example 3:** The ASP operates from 4:00 p.m. to 5:00 p.m. School stores cannot sell or distribute coffee, tea, and soft drinks to students on school premises from 3:00 p.m. to 5:00 p.m. Teachers cannot give coffee, tea, and soft drinks to students at a classroom party on school premises during this time.

- **Example 4:** The At-Risk Afterschool Meals program serves supper from 5:00 p.m. to 6:00 p.m. A booster club at a sports competition on school premises cannot sell coffee, tea, and soft drinks to students from 4:30 p.m. to 6:30 p.m.

If CNPs are not operating, coffee, tea, and soft drinks could be sold or given to elementary or middle school students on school premises **after** the school day. For example, if school ends at 3:30 p.m., coffee, tea, and soft drinks could be sold or given to elementary or middle school students from 4:01 p.m. through 11:59 p.m. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating coffee, tea, and soft drinks on school premises

High school students

The Smart Snacks nutrition standards **allow selling** coffee, tea, and soft drinks to high school students, if these beverages comply with the calorie limits for the Smart Snacks beverage category of "other flavored and/or carbonated beverages" and the portion size does not exceed 12 fluid ounces (refer to table 1-3). Section 10-215b-1 of the state competitive foods regulations supersedes Smart Snacks because it **prohibits selling and giving** coffee, tea, and soft drinks to high school students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including **during and after** the school day.

- **Example 1:** The SBP operates from 7:00 a.m. to 7:30 a.m. A fundraiser on school premises cannot distribute pre-ordered coffee, tea, and soft drinks to students from 6:30 a.m. to 8:00 a.m. School staff cannot give these beverages to students during this time.

- **Example 2:** The NSLP operates from 11:30 a.m. to 1:00 p.m. Vending machines on school premises cannot sell coffee, tea, and soft drinks to students from 11:00 a.m. to 1:30 p.m. Teachers cannot give these beverages to students as rewards during this time.

- **Example 3:** The ASP operates from 3:30 p.m. to 4:30 p.m. School stores cannot sell coffee, tea, and soft drinks to students from 3:00 p.m. to 5:00 p.m. Teachers cannot give these beverages to students on school premises during this time.

- **Example 4:** The At-Risk Afterschool Meals program serves supper from 5:00 p.m. to 6:00 p.m. A booster club at a sports competition on school premises cannot sell coffee, tea, and soft drinks to students from 4:30 p.m. to 6:30 p.m.

Coffee, tea, and soft drinks that comply with the Smart Snacks nutrition standards could be sold or given to high school students **outside** of the times specified by Section 10-215b-1 of the state competitive foods regulations. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating coffee, tea, and soft drinks on school premises

Section 10-215b-23: Accrual of income

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

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

All sales of foods and beverages to students anywhere on school premises during this time must comply with this regulation, including foods and beverages that comply with the Smart Snacks nutrition standards, and foods and beverages that do not comply with the Smart Snacks nutrition standards. The examples below show how Section 10-215b-23 applies to the income from sales of foods and beverages to students on school premises.

- **Example 1:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. The nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. This also includes the income from: sales of tickets that student can exchange for foods and beverages on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section); student orders for foods and beverages on school premises that are intended to be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders); and program fees charged to cover the cost of foods and beverages provided to students and intended to be consumed by students on school premises during the school day (refer to "Fee-based Programs and Activities" in this section).
- **Example 2:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. Vending machines on school premises sell foods and beverages to students during the school day. The vending machine contract specifies that the school food service department will receive 20 percent of the total vending sales. The nonprofit food service account must receive 100 percent of the total

vending sales (gross income) during 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

- **Example 3:** The ASP operates after the school day from 3:30 p.m. to 4:30 p.m. An afterschool program on school premises sells foods and beverages to students during this time. The nonprofit food service account must receive the afterschool program's income from all foods and beverages sold to students from 3:00 p.m. to 5:00 p.m. **Note:** RCCIs may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation.

- **Example 4:** The At-risk Afterschool Meals program operates after the school day from 4:30 p.m. to 6:00 p.m. A school organization collects a fee from families to cover the cost of foods, beverages, and supplies for a celebration that occurs on school premises from 4:00 p.m. to 6:00 p.m. (after the school day). The nonprofit food service account must receive the income from the portion of the fee that covers the cost of foods and beverages provided to students from 4:00 p.m. to 6:00 p.m. **Note:** RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.

For more information, refer to the CSDE's Operational Memorandum No. 1-18: *Accrual of Income from Sales of Competitive Foods in Schools,* and the CSDE's resource, *Connecticut Competitive Foods Regulations*.

USDA School Wellness Policy

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

- include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
- include nutrition guidelines to promote student health and reduce childhood obesity for all foods available in each school district (including foods and beverages that are sold to students, and foods and beverages that are given to students at no cost);

- permit parents, students, representatives of the SFA, teachers of physical education, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the local wellness policy;
- inform and update the public (including parents, students, and others in the community) about the content and implementation of local wellness policies; and
- be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the local educational agency's (LEA) local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy, and make this assessment available to the public.

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

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

The resources below provide more information on school wellness policies.

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

For additional resources, refer to the CSDE's *Resource List for Wellness Policies for Schools and Child Care*.

Revenue from Nonprogram Foods

Section 7 CFR 210.14 (f) of the NSLP regulations requires that all revenue from the sale of nonprogram foods must accrue to the nonprofit school food service account. "Nonprogram foods" are foods and beverages purchased using funds from the nonprofit school food service account and sold to students or adults at any time or location on school premises, other than reimbursable meals and ASP snacks served through the CNPs.

Nonprogram foods include all foods and beverages sold in schools, adult meals, outside-of-school hours, and catering or vending activities. They also include competitive foods purchased using funds from the nonprofit school food service account, such as cafeteria a la carte sales or foods and beverages for vending machines operated by the food service department. For most SFAs, cafeteria a la carte sales account for the majority of nonprogram foods. Another common source is vending machines operated by the nonprofit school food service account.

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

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

2 — When the Requirements Apply

Some of the federal requirements are stricter than the state requirements, and some of the state requirements are stricter than the federal requirements. When the federal and state requirements differ, the stricter requirements apply. This section indicates how the Smart Snacks nutrition standards and the state competitive foods regulations apply to the following sources of foods and beverages in private schools and RCCIs:

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

How the federal and state requirements for competitive foods apply depends on the source of foods and beverages, whether foods and beverages are sold or given to students, and when foods and beverages are sold or given to students. For a summary chart of when the federal

and state requirements apply to different sources of competitive foods in private schools and RCCIs, refer to the CSDE's resource, *Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions*. The CSDE's resource, *Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions,* provides an overview of the requirements for private schools and RCCIs.

Sales to Students

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

- **Smart Snacks nutrition standards (81 FR 50131):** This USDA regulation applies to all foods and beverages available for sale to students on school premises during the school day, separately from reimbursable meals. For more information, refer to "Smart Snacks Nutrition Standards" in section 1.

- **Competitive foods regulations (Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies):** These state regulations apply from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Section 10-215b-1 prohibits selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises during this time. Section 10-215b-23 requires that the income from all foods and beverages available for sale to students on school premises during this time must accrue to the nonprofit food service account. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Definition of "sales" for the Smart Snacks nutrition standards

"Sales" means the exchange of a determined amount of money (including the purchase of coupons, tickets, tokens, and similar items) for foods and beverages on school premises during the school day. Under the USDA's Smart Snacks regulations, schools are selling foods and beverages to students when any of the situations below apply.

1. Students purchase foods and beverages on school premises during the school day.

2. Students purchase tickets, coupons, tokens, and similar items on school premises that can be exchanged for foods and beverages on school premises during the school day.

3. Students order fundraiser foods and beverages on school premises that are intended to be consumed by students on school premises during the school day, and receive distribution of these foods and beverages on school premises during the school day.

4. Programs or activities charge a fee that includes the cost of foods and beverages provided to students on school premises during the school day.

5. Fundraisers on school premises during the school day give foods and beverages to students in exchange for a suggested donation.

Definition of "sales" for Connecticut regulations

"Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages on school premises. Under Connecticut's statutes and competitive foods regulations, schools are selling foods and beverages to students when any of the situations below apply. These situations constitute sales to students regardless of when students will receive or consume the foods and beverages.

1. Students purchase foods and beverages on school premises.

2. Students purchase tickets, coupons, tokens, and similar items on school premises that can be exchanged for foods and beverages either on or off school premises.

> Selling tickets and similar items on school premises that students **can exchange for foods and beverages** is the same as selling foods and beverages to students on school premises, regardless of when or where the tickets and similar items are exchanged.

3. Students are given tickets, coupons, tokens, and similar items that can be exchanged for foods and beverages on school premises.

4. Students bring fundraiser orders and money to school, and pick up fundraiser foods and beverages on school premises to bring home for delivery to customers.

5. Programs or activities charge a fee that includes the cost of foods and beverages provided to students on school premises.

6. Fundraisers on school premises give foods and beverages to students in exchange for a suggested donation.

What constitutes sales to students

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

1. **Students purchase foods and beverages on school premises.** For example, students buy snacks in the cafeteria or beverages from a vending machine or school store.

    - **USDA Smart Snacks nutrition standards:** These standards apply to all foods and beverages available for purchase by students (separately from reimbursable meals) on school premises during the school day.

    - **State competitive foods regulations:** These regulations apply to all foods and beverages available for purchase by students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

2. **Students purchase coupons, tickets, tokens, or similar items that can be exchanged for foods and beverages on school premises.** For example, students purchase tickets on Monday that can be exchanged for cookies on Friday, or students purchase coupons that can be exchanged for foods and beverages in the school store. For more information, refer to "Tickets, coupons, and tokens" in this section.

    - **USDA Smart Snacks nutrition standards:** These standards apply to all tickets and similar items that can be purchased by students, and can be exchanged for foods and beverages, on school premises during the school day. The Smart Snacks nutrition standards do not apply when tickets and similar items are **given** to students, such as food rewards.

    - **State competitive foods regulations:** These regulations apply to all tickets and similar items that are purchased by or given to students, and can be exchanged for foods and beverages, on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

3. **Students are given coupons, tickets, tokens, and similar items that can be exchanged for foods and beverages, such as coupons for food rewards.** For example, teachers reward students with coupons that can be exchanged for ice cream in the cafeteria. For more information, refer to "Tickets, coupons, and tokens," "Giving Foods and Beverages to Students," "Food Rewards," and "Celebrations" in this section.

   - **USDA Smart Snacks nutrition standards:** These standards do not apply when tickets and similar items that can be exchanged for foods and beverages are given to students.

   - **State competitive foods regulations:** These regulations apply to all tickets and similar items that are given to students, and can be exchanged for foods and beverages (as part of and separately from reimbursable meals), on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

4. **Students bring fundraiser orders and money to school, and pick up fundraiser foods and beverages on school premises to bring home for delivery to customers.** For example, students take orders off school premises for frozen cookie dough, frozen pies, and bags of gourmet coffee; and bring the orders and money to school. When the products arrive at school, students pick up the products at school to bring home for delivery to customers. For more information, refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section.

   - **USDA Smart Snacks nutrition standards:** These standards do not apply to foods and beverages ordered by students through fundraisers when the foods and beverages are intended for consumption at home.

   - **State competitive foods regulations:** These regulations apply to foods and beverages ordered by and distributed to students through a fundraiser on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day, regardless of when the foods and beverages are intended to be consumed by students. These regulations also apply to student orders for foods and beverages and distribution of beverages to students.

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

    - **USDA Smart Snacks nutrition standards:** These standards apply to fee-based programs and activities (excluding classroom parties) that provide foods and beverages to students on school premises during the school day. The Smart Snacks nutrition standards do not apply to classroom parties on school premises when students, parents, or teachers supply foods and beverages or provide funds to purchase foods and beverages.

    - **State competitive foods regulations:** These regulations apply to fee-based programs and activities (including classroom parties) that provide foods and beverages to students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

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

    - **USDA Smart Snacks nutrition standards:** These standards apply when fundraisers on school premises give foods and beverages to students in exchange for a suggested donation during the school day.

    - **State competitive foods regulations:** These regulations apply when fundraisers on school premises give foods and beverages to students in exchange for a suggested donation from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

Giving Foods and Beverages to Students

"Giving" means that foods and beverages are provided free of any charge, contribution, or suggested donations. The federal and state requirements for competitive foods have different requirements and definitions for giving foods and beverages to students.

The Smart Snacks nutrition standards do not apply when foods and beverages are given to students. However, Section 10-215b-1 of the state competitive foods regulations prohibits giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, refer to "State Competitive Foods Regulations" in section 1.

Definition of "giving" for the Smart Snacks nutrition standards

Under the USDA's Smart Snacks regulations, giving foods and beverages to students means that **all** of the following criteria apply:

- students do not purchase foods and beverages on school premises during the school day;
- students do not order foods and beverages on school premises during the school day that are intended to be consumed on school premises during the school day;
- students do not exchange purchased tickets, coupons, tokens, and similar items for foods and beverages on school premises during the school day;
- programs and activities on school premises that charge a fee do not include the cost of foods and beverages provided to students during the school day; and
- fundraisers on school premises do not give foods and beverages to students in exchange for a suggested donation during the school day.

Definition of "giving" for Connecticut regulations

Under Connecticut's statutes and competitive foods regulations, giving foods and beverages to students means that **all** of the following criteria apply:

- students do not purchase foods and beverages on school premises;
- students do not order foods and beverages on school premises;
- students do not exchange purchased or free tickets, coupons, tokens, and similar items for foods and beverages on school premises;
- programs and activities on school premises that charge a fee do not include the cost of foods and beverages provided to students; and

- fundraisers on school premises do not give foods and beverages to students in exchange for a suggested donation.

Sales to Adults

The federal and state nutrition standards do not apply to foods and beverages sold to adults (such as teachers, school staff, and parents) on school premises. Schools may sell any foods and beverages to adults at any time, either on or off school premises.

However, the state competitive foods regulations apply when students sell foods and beverages to adults off school premises, deliver the fundraiser orders and money to school, and pick up the foods and beverages at school for delivery to customers. An example is a fundraiser catalog that sells candy bars and bags of gourmet coffee. For more information, refer to "Fundraiser catalogs and orders" in this section.

Under the state competitive foods regulations, foods and beverages are being sold to students whenever students exchange money or its equivalent for foods and beverages on school premises.

Afterschool Programs and Activities

Afterschool programs and activities that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples of afterschool programs and activities include enrichment programs, extracurricular classes, tutoring sessions, performing arts groups, and clubs (such as art, chess, foreign language, and math).

This includes fee-based afterschool programs and activities that include the cost of foods and beverages provided to students on school premises. Examples of fee-based afterschool programs include a movie or board game club that provides soda and popcorn; enrichment programs, extracurricular classes, tutoring sessions, and clubs that include a daily snack; and cooking classes where students eat the foods they have prepared.

Smart Snacks nutrition standards for afterschool programs and activities

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from afterschool programs and activities on school premises **during the school day** (refer to "Definition of "sales" for the Smart Snacks nutrition standards" in this section). This also includes fee-based afterschool programs and activities that include the cost of foods and beverages provided to students (refer to "Fee-based Programs and Activities" in this section), and afterschool programs and activities where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

- **Example 1:** The school day ends at 3:00 p.m. An afterschool program on school premises sells foods and beverages to students beginning at 3:15 p.m. The Smart Snacks nutrition standards apply because these sales occur **before** the end of the school day.

- **Example 2:** The school day ends at 3:00 p.m. An afterschool program on school premises sells foods and beverages to students beginning at 3:45 p.m. The Smart Snacks nutrition standards do not apply because these sales occur **after** the end of the school day.

- **Example 3:** The school day ends at 3:00 p.m. A six-week afterschool tutoring program operates on school premises from 3:15 p.m. to 4:30 p.m. The program

charges a registration fee that includes the cost of foods and beverages provided to students during the program. The Smart Snacks nutrition standards apply to all foods and beverages provided to students from 3:15 p.m. to 3:30 p.m. (during the school day).

State requirements for afterschool programs and activities

Afterschool programs and activities that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes fee-based afterschool programs and activities that include the cost of beverages provided to students (refer to "Fee-based Programs and Activities" in this section), and afterschool programs and activities where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits afterschool programs and activities from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. An afterschool program on school premises cannot give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. For additional examples, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students from afterschool programs and activities that occur on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs. This also includes the income from fees charged to cover the cost of foods and beverages provided to students during afterschool programs and activities (refer to "Fee-based Programs and Activities" in this section); and sales of tickets that students can exchange for foods and beverages in afterschool programs and activities (refer to "Tickets, coupons, and tokens" in this section).
    - **Example:** The ASP operates after the school day from 3:30 p.m. to 4:30 p.m. A school club sells foods and beverages to students at a soccer game on school

premises starting at 3:30 p.m. (after the school day). The nonprofit food service account must receive the school club's income from all foods and beverages sold to students from 3:00 p.m. to 5:00 p.m. **Note:** The Smart Snacks nutrition standards do **not** apply because the sales occur after the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Afterschool Snack Program (ASP)

The ASP operates under the NSLP. Reimbursable snacks served in the ASP must meet the requirements of the USDA's ASP meal pattern. For information on the ASP meal pattern requirements, visit the "Documents/Forms" section of the CSDE's Afterschool Snack Program webpage.

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.

Smart Snacks nutrition standards for the ASP

The Smart Snacks nutrition standards do not apply to reimbursable ASP snacks unless the ASP:

- operates before the end of the school day; or
- sells additional foods and beverages to students separately from reimbursable snacks before the end of the school day.

For example, if the school day ends at 3:00 p.m., the Smart Snacks nutrition standards apply to reimbursable ASP snacks served between 3:00 p.m. to 3:30 p.m. (during the school day), but do not apply to reimbursable ASP snacks served after 3:30 p.m. (after the school day).

State requirements for the ASP

ASP operations that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits the ASP from selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after its operation. For example, if the ASP operates after the school day from 3:30 to 4:30 p.m., the ASP (or any other entity on school premises) cannot sell, distribute, or give candy, coffee, tea, and soft drinks to students from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Income from the ASP already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all sales of foods and beverages to students on school premises during this time.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Celebrations

Celebrations that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples of school celebrations include classroom parties, birthday parties, holidays, cultural events, and parties for special occasions.

Smart Snacks nutrition standards for celebrations

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from celebrations on school premises **during the school day**. They do not apply to:

- foods and beverages supplied by students, parents, or teachers for celebrations on school premises;
- foods and beverages purchased with funds provided by students, parents, or teachers for celebrations on school premises; and

- celebrations on school premises where students can exchange purchased or free tickets for foods and beverages.

For example, if the school day ends at 3:00 p.m., the Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from celebrations on school premises through 3:30 p.m. (during the school day). They do not apply to foods and beverages sold to students after 3:30 p.m. (after the school day).

State requirements for celebrations

Celebrations that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes fee-based celebrations that include the cost of beverages provided to students (refer to "Fee-based Programs and Activities" in this section), and celebrations where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits celebrations on school premises from selling and giving candy, coffee, tea, and soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A celebration on school premises cannot give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: fees charged to cover the cost of foods and beverages provided to students at celebrations on school premises (refer to "Fee-based Programs and Activities" in this section); and sales of tickets that students can exchange for foods and beverages at celebrations on school premises (refer to "Tickets, coupons, and tokens" in this section).
    - **Example 1:** The ASP operates on school premises after the school day from 3:30 p.m. to 4:30 p.m. A celebration held after the school day sells foods and beverages to students while the ASP is operating. The nonprofit food service account must receive the celebration's income from all foods and beverages

sold to students from 3:00 p.m. to 5:00 p.m. **Note:** Section 10-215b-1 prohibits sales of candy, coffee, tea, and soft drinks to students because this celebration occurs while the ASP is operating.

- **Example 2:** The At-risk Afterschool Meals program operates on school premises after the school day from 4:30 p.m. to 6:00 p.m. The school's parent organization collects a fee from families to cover the cost of foods, beverages, and supplies for a celebration that occurs on school premises from 4:00 p.m. to 6:00 p.m. (after the school day). The nonprofit food service account must receive the income from the portion of the fee that covers the cost of foods and beverages provided to students from 4:00 p.m. to 6:00 p.m. **Note:** Section 10-215b-1 prohibits sales of candy, coffee, tea, and soft drinks to students because this celebration occurs while the At-risk Afterschool Meals is operating. 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.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

The LEA's school wellness policy may have additional local restrictions that address foods and beverages provided to students at celebrations on school premises. For more information, refer to "USDA School Wellness Policy" in section 1.

Classes and Educational Programs

Classes and educational programs that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples include family and consumer sciences classes, culinary programs, afterschool classes, and afterschool cooking programs. The federal and state nutrition standards do not apply to:

- the family and consumer sciences or culinary program **curriculum**, i.e., foods and beverages prepared by students during learning activities intended to meet curriculum content standards;
- foods and beverages prepared by classes and educational programs for sale to adults, such as teachers, staff, and parents (refer to "Sales to adults" in this section);
- foods and beverages prepared by classes and educational programs for sale to students off school premises (refer to "Fundraisers held off school premises" in this section).

Smart Snacks nutrition standards for classes and educational programs

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from classes and educational programs on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes fee-based classes and educational programs that include the cost of beverages provided to students (refer to "Fee-based Programs and Activities" in this section), and classes and educational programs where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

State requirements for classes and educational programs

Classes and educational programs that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes fee-based classes and educational programs that include the cost of beverages provided to students (refer to "Fee-

based Programs and Activities" in this section), and classes and educational programs where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits classes and educational programs from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example:** The ASP operates after the school day from 3:30 p.m. to 4:30 p.m. A family and consumer sciences class cannot sell or distribute candy to students from 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tickets that students can exchange for foods and beverages in classes and educational programs (refer to "Tickets, coupons, and tokens" in this section); and fees charged to cover the cost of foods and beverages provided to students in classes and educational programs (refer to "Fee-based Programs and Activities" in this section).
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A family and consumer sciences class sells foods and beverages to students during the meal periods. The nonprofit food service account must receive the income from all foods and beverages to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this class must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Compliant Foods and Beverages

Compliant foods and beverages meet the requirements of the Smart Snacks nutrition standards. The selling entity must document that commercial products and recipes for foods and beverages meet the applicable nutrition standards **before** selling foods and beverages to students.

The CSDE's List of Acceptable Foods and Beverages webpage identifies commercial food products that comply with Smart Snacks, and commercial beverage products that comply with the state beverage statute and the Smart Snacks nutrition standards. Schools may also use the Alliance for a Healthier Generation's Smart Snacks Product Calculator to assess products for compliance with Smart Snacks.

For foods made from scratch, the selling entity must refer to the recipe's nutrition information to determine if the serving complies with Smart Snacks. For more information, refer to "Identifying Allowable Foods and Beverages" in section 1.

Selling compliant foods and beverages

Compliant foods and beverages may be sold to students on school premises at any time. For example, a fundraiser held during the school day could sell muffins and cookies listed on the CSDE's List of Acceptable Foods and Beverages webpage because these foods comply with the Smart Snacks nutrition standards. However, if the sales occur while any CNPs are operating, additional restrictions apply (refer to "State requirements for compliant foods and beverages" below).

State requirements for compliant foods and beverages

Entities that sell or give compliant foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

Note: Section 10-215b-1 of the state competitive foods regulations does not apply to compliant foods because this regulation only addresses the requirements for four **noncompliant** foods and beverages (candy, coffee, tea, and soft drinks).

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: sales of tickets on school premises that students can exchange for compliant foods and beverages (refer to "Tickets, coupons, and tokens" in this section); program fees charged to cover the cost of compliant foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section); student orders for compliant foods and beverages on school premises (refer to "Fundraiser catalogs and orders" in this section; and student donations in exchange for compliant foods and beverages on school premises (refer to "Suggested donations for foods and beverages" in this section).
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. An organization on school premises sells compliant foods to students during the meal periods. The nonprofit food service account must receive the organization's income from all foods sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this organization must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Concession Stands

Concession stands that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples of venues where concession stands might operate include sports competitions, school concerts, and theatrical productions.

The federal and state nutrition standards do not apply when concession stands sell foods and beverages to adults (such as teachers, staff, and parents) on school premises, or sell foods and beverages to students off school premises. For more information, refer to "Sales to adults" and "Fundraisers held off school premises" in this section.

Smart Snacks nutrition standards for concession stands

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from concession stands on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes concession stands where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

- **Example 1:** The school day ends at 3:00 p.m. A concession stand at a football game on school premises sells foods and beverages to students beginning at 3:15 p.m. The Smart Snacks nutrition standards apply to all beverages sold to students from 3:15 p.m. to 3:30 p.m. because these sales occur **before** the end of the school day (i.e., the period from the midnight before to 30 minutes after the end of the official school day).

- **Example 2:** The school day ends at 3:00 p.m. A concession stand at a football game on school premises sells foods and beverages to students beginning at 3:45 p.m. The Smart Snacks nutrition standards do not apply because these sales occur **after** the end of the school day.

State requirements for concession stands

Concession stands that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes concession stands where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits concession stands from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example:** The ASP operates from 3:30 p.m. to 4:30 p.m. A concession stand on school premises cannot sell candy, coffee, tea, and soft drinks to students (or sell tickets that can be exchanged for these foods and beverages) from 3:00 p.m. to 5:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tickets that students can exchange for foods and beverages at concession stands (refer to "Tickets, coupons, and tokens" in this section).
    - **Example:** The school day ends at 3:00 p.m. A concession stand located at a sports competition on school premises sells foods and beverages to students from 3:30 p.m. to 5:30 p.m. (after the school day). If the ASP operates after the school day from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the concession stand's income from all foods and beverages sold to students from 3:00 p.m. to 5:00 p.m.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Culinary Programs

Culinary education programs that sell foods and beverages to students on school premises must comply with the applicable federal and state nutrition standards. These standards do not apply to:

- the culinary program **curriculum**, i.e., foods and beverages prepared by students during learning activities intended to meet curriculum content standards (refer to the CSDE's Operational Memorandum No. 31-14: *Federal and State Requirements for Culinary Education Programs (Smart Snacks versus Connecticut Nutrition Standards*);
- foods and beverages available for sale to students from the culinary program to adults, such as teachers, staff, and parents (refer to "Sales to adults" in this section);
- foods and beverages available for sale to students from the culinary program to students off school premises (refer to "Fundraisers held off school premises" in this section).

The CSDE's resource, *Requirements for Foods and Beverages in Culinary Programs in Private Schools and RCCIs,* summarizes the requirements for culinary programs.

Smart Snacks nutrition standards for culinary programs

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from culinary programs on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes fee-based culinary programs that include the cost of foods and beverages provided to students (refer to "Fee-based Programs and Activities" in this section), and culinary programs where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

State requirements for culinary programs

Culinary programs that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes fee-based culinary programs that include the cost of beverages provided to students (refer to "Fee-based Programs and Activities" in this section), and culinary programs where students can exchange purchased or free tickets for beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits culinary programs from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example**: The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A culinary program on school premises cannot sell or give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tickets that students can exchange for foods and beverages in the culinary program (refer to "Tickets, coupons, and tokens" in this section); and fees charged to cover the cost of foods and beverages provided to students in the culinary program (refer to "Fee-based Programs and Activities" in this section).
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A culinary program on school premises sells foods and beverages to students during the meal periods. The nonprofit food service account must receive the culinary program's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this culinary program must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Fee-based Programs and Activities

Fee-based programs and activities that provide foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. A fee-based program or activity is one that charges a fee for student participation. The fee sometimes includes the cost of foods and beverages provided to students during the program or activity. Examples of fee-based programs and activities include:

- fee-based sports programs that include the cost of foods and beverages provided to students during practices or games;
- fee-based afterschool programs (such as a movie or board game club that provides soda and popcorn; enrichment programs, extracurricular classes, tutoring sessions, and clubs that include a daily snack; and cooking classes where students eat the foods they have prepared; and
- fee-based clubs and organizations that include the cost of foods and beverages provided to students during meetings and activities.

Smart Snacks nutrition standards for fee-based programs and activities

The Smart Snacks nutrition standards apply to all fee-based programs and activities that include the cost of foods and beverages provided to students on school premises **during the school day**.

- **Example 1**: The school day ends at 3:00 p.m. A fee-based program on school premises sells foods and beverages to students beginning at 3:15 p.m. The Smart Snacks nutrition standards apply because these sales occur **before** the end of the school day.

- **Example 2**: The school day ends at 3:00 p.m. A fee-based program on school premises sells foods and beverages to students beginning at 3:45 p.m. The Smart Snacks nutrition standards do not apply because these sales occur **after** the end of the school day.

State requirements for fee-based programs and activities

Fee-based afterschool programs and activities that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes fee-based afterschool programs and activities where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fee-based afterschool programs and activities from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., fee-based afterschool programs and activities on school premises cannot give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. For more examples, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from fees charged to cover the cost of foods and beverages provided to students during fee-based based programs and activities on school premises (refer to "Fee-based Programs and Activities" in this section).

    - **Example:** The ASP operates after the school day from 4:00 to 5:00 p.m. A fee-based afterschool program that includes the cost of foods and beverages provided to students operates on school premises from 3:30 to 5:00 p.m. The nonprofit food service account must receive the income from the portion of the program fee that covers the cost of foods and beverages provided to students.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Food Rewards

Food rewards given to students for foods and beverages on school premises must comply with the applicable regulations. However, the federal and state nutrition standards and competitive foods regulations do not apply when a student's Individualized Education Plan (IEP) requires food rewards.

Smart Snacks nutrition standards for food rewards

The Smart Snacks nutrition standards do **not** apply to foods and beverages that are given (free of any charge or contribution) to students on school premises as rewards for good behavior or performance (refer to "Giving Foods and Beverages to Students" in this section). This includes giving tickets, coupons, tokens, and similar items that students can exchange for foods and beverages on school premises. For example, if a classroom teacher gives students a reward coupon that can be exchanged for pizza and ice cream, these foods are not required to comply with the Smart Snacks nutrition standards.

State requirements for food rewards

Entities that give foods and beverages given to students as rewards on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Giving Foods and Beverages to Students" in this section). Under Connecticut's competitive foods regulations, giving students coupons or similar items that can be exchanged for foods and beverages is the same as selling foods and beverages to students, regardless of when or where students can exchange them. Section 10-215b-23 of the state competitive foods regulations does not apply because food rewards do not generate income.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, or soft drinks to students (including tickets that can be exchanged for these foods and beverages) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., teachers cannot give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m., and students cannot redeem reward coupons for candy, coffee, tea, and soft drinks during these times. For additional examples, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Foods and Beverages Brought from Home

The federal and state nutrition standards do not apply to foods and beverages that students bring from home to school. However, the state competitive foods regulations requires restrictions for specific foods and beverages brought from home.

Federal and state nutrition standards for foods brought from home

The Smart Snacks nutrition standards and state beverage statute do **not** apply to foods and beverages that students bring from home for their own consumption or to share with other students free of any charge or contribution. Examples include bag lunches, snacks, and foods for classroom parties.

State requirements for foods brought from home

Section 10-215b-1 of the state competitive foods regulations requires restrictions for specific foods and beverages brought from home. Section 10-215b-1 prohibits any entity or person from giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day (refer to "Giving Foods and Beverages to Students" in this section).. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., students cannot give other students candy, coffee, tea, or soft drinks on school premises from 11:00 a.m. to 1:30 p.m.

This regulation applies regardless of whether students obtain these foods and beverages on school premises or bring them from home. For more information, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.

> The LEA's school wellness policy may have additional local restrictions that address food rewards for students (refer to "USDA School Wellness Policy" in section 1).

Fundraisers

Fundraisers that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. This includes fundraiser sales of commercial products such as potato chips, candy bars, frozen cookie dough, muffin mix, and gourmet coffee; and fundraiser sales of foods and beverages made from scratch, such as baked goods, popcorn, sandwiches, and fruit smoothies.

"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.

Fundraisers include activities conducted by school-related organizations (such as student clubs, sports teams, and music programs) and outside organizations not affiliated with the school (such as scouting programs and other youth-based community organizations).

Smart Snacks nutrition standards for fundraisers

The Smart Snacks nutrition standards apply to all beverages available for sale to students from fundraisers on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This includes:

- fundraisers that sell beverages to students (refer to "Definition of "sales" for Smart Snacks" in this section);
- student orders for beverages on school premises that are intended to be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- distribution of fundraiser beverages to students on school premises, if the beverages have been ordered by students on school premises and will be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- fundraisers where students can exchange purchased tickets for beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section); and

- fundraisers on school premises that give beverages to students in exchange for a suggested donation (refer to "Suggested donations for foods and beverages" in this section).

State requirements for fundraisers

Fundraisers on school premises that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes student orders for foods and beverages; distribution of foods and beverages to students; fundraisers where students can exchange coupons, tickets, tokens, and similar items for foods and beverages (including coupons and similar items that are sold or given to students); and fundraisers that give foods and beverages to students in exchange for a suggested donation.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraisers from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., afterschool programs and activities on school premises cannot give candy, coffee, tea, and soft drinks to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. For additional examples, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the fundraiser's income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: sales of fundraiser tickets that students can exchange for foods and beverages (refer to "Tickets, coupons, and tokens" in this section); student orders for foods and beverages on school premises (refer to "Fundraiser catalogs and orders" in this section; and student donations in exchange for compliant foods and beverages on school premises (refer to "Suggested donations for foods and beverages" in this section).

    - **Example 1:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A fundraiser on school premises sells foods and beverages to students during the meal periods. The nonprofit food service account must receive the fundraiser's income from all foods and

beverages available for sale to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this fundraiser must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

- **Example 2:** The NSLP operates from 11:30 a.m. to 1:00 p.m. During this time, a fundraiser on school premises sells tickets that students can redeem for foods and beverages. The fundraiser will distribute the foods and beverages to students the next week during the school day The nonprofit food service account must receive the fundraiser's income from all tickets sold to students from 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages that students can obtain with the tickets must comply with the Smart Snacks nutrition standards because the ticket sales and exchange occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

The LEA's school wellness policy may have additional local restrictions that address food and beverage fundraisers (refer to "USDA School Wellness Policy" in section 1).

Guidance for Different Types of Fundraisers

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

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

The CSDE's resource, *Requirements for Food and Beverage Fundraisers in Private Schools and Residential Child Care Institutions,* summarizes the requirements for fundraisers in private schools and RCCIs.

Bake sales

Bake sales that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. These regulations do not apply when bake sales sell foods and beverages only to adults (such as teachers, staff, and parents) on school premises, or sell foods and beverages to students off school premises. For more information, refer to "Sales to adults" and "Fundraisers held off school premises" in this section.

Smart Snacks nutrition standards for bake sales

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from bake sales on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes bake sales where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section), and bake sales that request a donation in exchange for foods and beverages (refer to "Suggested donations for foods and beverages" in this section).

The Smart Snacks nutrition standards do not apply when bake sales sell foods and beverages only to adults (such as teachers, staff, and parents) or are held off school premises. For more information, refer to "Sales to Adults" and "Fundraisers held off school premises" in this section.

State requirements for bake sales

Bake sales that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes bake sales where students can exchange coupons, tickets, tokens, and similar items for foods and beverages (including coupons and similar items

that are sold or given to students); and bake sales that give foods and beverages to students in exchange for a suggested donation.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits bake sales from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 p.m. to 4:30 p.m., a bake sale on school premises cannot sell or distribute candy to students from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the bake sale's income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tickets that students can exchange for foods and beverages at bake sales (refer to "Tickets, coupons, and tokens" in this section); and student donations in exchange for foods and beverages at bake sales (refer to "Suggested donations for foods and beverages" in this section).

    - **Example 1:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A fundraiser on school premises sells foods and beverages to students during the meal periods. The nonprofit food service account must receive the fundraiser's income from all foods and beverages available for sale to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this fundraiser must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

    - **Example 2:** The NSLP operates from 11:30 a.m. to 1:00 p.m. During this time, a fundraiser on school premises sells tickets that students can redeem for foods and beverages. The fundraiser will distribute the foods and beverages to students the next week during the school day. The nonprofit food service account must receive the fundraiser's income from all tickets sold to students from 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages that students can obtain with the tickets must comply with the Smart Snacks nutrition standards because the sales (orders) and distribution occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

The LEA's school wellness policy may have additional local restrictions for bake sales on school premises (refer to "USDA School Wellness Policy" in section 1).

Candy and gum

Entities that sell candy and gum (including sugar-free) to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples of candy include all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, candy bars, hard candies, lollipops, caramels, taffy, licorice, jelly candies (e.g., gumdrops, gummies, and jelly beans), and breath mints. The Federal Food, Drug, and Cosmetic Act defines gum as a food.

Smart Snacks nutrition standards for candy and gum

The Smart Snacks nutrition standards prohibit sales of candy and regular gum to students during the school day. This also includes:

- fee-based programs and activities that include the cost of candy and gum provided to students on school premises during the school day (refer to "Fee-based Programs and Activities" in this section);
- student orders for candy and gum on school premises, if the candy and gum will be distributed to and consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" in this section);
- distribution of candy and gum to students on school premises, if the candy and gum have been ordered by students on school premises and will be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" in this section);
- fundraisers, programs, and activities where students can exchange purchased tickets, coupons, tokens, and similar items for candy and gum on school premises during the school day (refer to "Tickets, coupons, and tokens" and "Food rewards" in this section); and
- fundraisers that give candy and gum to students in exchange for a suggested donation on school premises during the school day (refer to "Suggested donations for foods and beverages" in this section).

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

students from 3:31 p.m. to 11:59 p.m. However, the CSDE strongly encourages schools to promote consistent health messages to students by eliminating candy and gum on school premises.

State requirements for candy and gum

Entities that sell or give candy and gum on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes fee-based programs and activities that include the cost of candy and gum provided to students on school premises; student orders for candy and gum on school premises, if the candy and gum will be distributed to and consumed by students on school premises; distribution of candy and gum to students on school premises, if the candy and gum have been ordered by students on school premises; fundraisers, programs, and activities where students can exchange purchased or free tickets, coupons, tokens, and similar items for candy and gum on school premises; and fundraisers on school premises that give candy and gum to students in exchange for a suggested donation.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates from 3:30 p.m. to 4:30 p.m., candy cannot be sold or given to students anywhere on school premises from 3:00 p.m. to 5:00 p.m. For additional examples, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods (including candy and gum) sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: fee-based programs and activities on school premises that include the cost of candy and gum provided to students (refer to "Fee-based Programs and Activities" in this section); student orders for candy and gum on school premises, if the candy and gum will be distributed to students on school premises (refer to "Fundraiser catalogs and orders" in this section; sales of tickets on school premises that students can exchange for candy and gum on school premises (refer to "Tickets, coupons, and tokens" in this section); and student donations to fundraisers on school premises in exchange for candy and gum (refer to "Suggested donations for foods and beverages" in this section).

The examples below show how Section 10-215b-23 applies to gum sales. Private schools and RCCIs will **never** have income from candy sales during the operation of CNPs because Section 10-215b-1 prohibits candy sales during CNPs.

- **Example 1:** The NSLP operates from 11:00 a.m. to 1:00 p.m. A fundraiser on school premises sells sugar-free gum to students during the school day. The nonprofit food service account must receive the fundraiser's income from all gum sold to students from 10:30 a.m. to 1:30 p.m. **Note:** Regular gum does not meet the Smart Snacks nutrition standards and cannot be sold to students on school premise during the school day.

- **Example 2:** The At-risk Afterschool Meals program operates after the school day from 4:30 p.m. to 6:00 p.m. A fundraiser at a soccer game on school premises sells regular and sugar-free gum to students from 4:30 p.m. to 6:30 p.m. The nonprofit food service account must receive the fundraiser's income from all gum sold to students from 4:00 p.m. to 6:30 p.m.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

The LEA's school wellness policy may have additional local restrictions for selling and giving candy to students on school premises (refer to "USDA School Wellness Policy" in section 1).

Fundraiser catalogs and orders

Fundraiser catalogs and orders that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Students exchanging money (including orders) for foods and beverages on school premises and receiving the foods and beverages on school premises is the same as selling foods and beverages to students, regardless of when students will receive or consume the foods and beverages. "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. The federal and state nutrition standards have different requirements for fundraiser catalogs and orders.

Smart Snacks nutrition standards for fundraiser catalogs and orders

If the foods and beverages are **not** intended to be consumed by students on school premises during the school day, the Smart Snacks nutrition standards do not apply to foods and beverages that are 1) sold off school premises through fundraising catalogs, fliers, and similar promotions; and 2) distributed to students on school premises. Examples include products distributed on school premises in a precooked state, such as frozen cookie dough, frozen pies, and frozen pizza; and products distributed on school premises in bulk quantities (multiple servings per package), such as boxes or bags of candy bars, Girl Scout cookies, popcorn, tea bags, hot chocolate packets, and bags of gourmet coffee.

The USDA encourages organizations to deliver foods and beverages at a time when parents and caregivers are more likely to be present to collect them, for example, during specific drop-off or pick-up times.

However, fundraiser catalogs and orders must comply with the stricter requirements of Connecticut's competitive foods regulations (refer to "State requirements for fundraiser catalogs and orders" below).

State requirements for fundraiser catalogs and orders

Fundraiser orders for foods and beverages on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, regardless of when students will receive or consume the foods and beverages (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes student orders for foods and beverages, and distribution of foods and beverages to students on school premises.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraisers from selling and giving candy, coffee, tea, or soft drinks to students (including orders and distribution) anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 p.m. to 4:30 p.m., a bake sale on school premises cannot sell or distribute candy to students from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students from fundraisers on school premises (including orders for foods and beverages) from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. Students order and pay for foods and beverages from a fundraiser on school premises during the meal periods. The fundraiser will deliver the foods and beverages to students on school premises at a future date. The nonprofit food service account must receive the fundraiser's income from all student orders between 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from the fundraiser must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Fundraisers held off school premises

The Smart Snacks nutrition standards and the state competitive foods regulations do not apply to fundraising activities that take place off school premises, such as bake sales at a supermarket or candy bar sales at a town community center. However, the state competitive foods regulations apply when students sell foods and beverages off school premises, deliver fundraiser orders and money to school, and pick up the foods and beverages at school for delivery to customers. Under Connecticut's competitive foods regulations, students exchanging money (orders) for foods and beverages on school premises is the same as selling foods and beverages to students. For more information, refer to "Fundraiser catalogs and orders"and "Sales to Students" in this section.

Gift cards and entertainment books

Sales of gift cards and entertainment books to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. The federal and state nutrition standards have different requirements for gift cards and similar items.

Smart Snacks nutrition standards for gift cards and entertainment books

The Smart Snacks nutrition standards apply when students purchase gift cards, coupons, and similar items that are redeemable for foods and beverages, and the foods and beverages are intended to be consumed by students on school premises during the school day. The Smart Snacks nutrition standards do **not** apply to gift cards and entertainment books that:

- are **given** to students, such as food rewards;
- can be exchanged for foods and beverages that are **not** intended to be consumed by students on school premises during the school day, such as frozen pies, boxes of cookies, and bags of coffee; or
- can be redeemed for foods and beverages at businesses **off school premises**, such as restaurants, convenience stores, fast food chains, coffee shops, and local dining establishments.

For more information, refer to "Definition of "sales" for Smart Snacks" in this section.

State requirements for gift cards and entertainment books

Fundraisers that sell gift cards and entertainment books on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" in this section), regardless of when students will receive the orders or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits gift cards and entertainment books that can be exchanged for candy, coffee, tea, and soft drinks from being sold or given to students, or exchanged by students, anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the At-risk Afterschool Meals program operates after the school day from 4:30 to 5:30 p.m., gift cards that can be exchanged for candy, coffee, tea, and soft drinks cannot be purchased or exchanged by students anywhere on school premises from 4:00 to 6:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all gift cards and similar items that can be exchanged for foods and beverages and are sold to students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example 1:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A fundraiser sells food gift cards to students on school premises during the school day. The gift cards can be redeemed for foods on school premises during the school day. The nonprofit food service account must receive the income from all gift cards sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods that students can obtain with these gift cards must comply with the Smart Snacks nutrition standards because the gift cards can be exchanged for foods on school premises during the school day.
    - **Example 2:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A fundraiser sells food gift cards to students on school premises during the school day. The gift cards can be redeemed for foods off school premises. The nonprofit food service account must receive the income from all gift cards sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** The Smart Snacks nutrition standards do not apply because the gift cards can be exchanged for foods off school premises.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Nonfood fundraisers

The Smart Snacks nutrition standards and state requirements for competitive foods do not apply to fundraisers that sell nonfood items. Any requirements for sales of nonfood items to students are locally determined by the LEA. The CSDE strongly encourages schools to promote consistent health messages to students by conducting nonfood fundraisers. The CSDE's resource, *Healthy Fundraising*, provides suggestions for fundraising with nonfood items and activities.

Suggested donations for foods and beverages

Fundraisers that request a donation in exchange for foods and beverages must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Suggesting a student donation in exchange for foods and beverages is the same as selling foods and beverages to students. An example is a fundraiser that offers students a cookie for donating to a charity, school organization, or similar entity. For more information, refer to "Sales to Students" in this section.

Smart Snacks nutrition standards for suggested donations for foods and beverages

The Smart Snacks nutrition standards apply to all foods and beverages given to students in exchange for a suggested donation on school premises **during the school day**. The state beverage statute applies to all foods and beverages offered to students in exchange for a suggested donation on school premises **at all times**, including during and after the school day.

State requirements for suggested donations for foods and beverages

Fundraisers on school premises that request a donation from students in exchange for foods and beverages must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraisers from giving candy, coffee, tea, or soft drinks to students in exchange for a suggested donation anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the At-risk Afterschool Meals program operates after the school day from 4:30 to 5:30 p.m., fundraisers cannot give candy to students in exchange for a suggested donation from 11:00 a.m. to 1:30 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the fundraiser's income from all student donations (sales) in exchange for foods and beverages from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

- **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A fundraiser held on school premises during the school day offers students a cookie for donating money to a charity. The nonprofit food service account must receive the fundraiser's income from all student donations offered in exchange for cookies from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** The cookie must comply with the Smart Snacks nutrition standards because the suggested donations occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Tickets, coupons, and tokens

Fundraisers on school premises that sell tickets, coupons, tokens, and similar items that can be exchanged for foods and beverages must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Selling food and beverage tickets and similar items is the same as selling foods and beverages to students. "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. The federal and state nutrition standards have different requirements for coupons, tickets, tokens, and similar items.

Smart Snacks nutrition standards for tickets, coupons, and tokens

The Smart Snacks nutrition standards apply to all tickets, coupons, tokens, and similar items that students **purchase** and can exchange for foods and beverages on school premises **during the school day**. They do not apply to tickets and similar items that are given to students, such as food rewards; or that can be exchanged for beverages that are not intended to be consumed by students on school premises during the school day, such as bags of coffee or boxes of tea. For more information, refer to "Definition of "sales" for Smart Snacks" in this section.

State requirements for tickets, coupons, and tokens

Fundraisers on school premises that sell tickets for foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" in this section), regardless of when students will exchange the tickets or consume the foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits tickets or similar items that can be exchanged for candy, coffee, tea, and soft drinks from being sold or given to students and exchanged by students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 p.m. to 4:30 p.m., fundraisers on school premises cannot sell candy tickets to students, and students cannot exchange tickets for candy, from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from sales of food and beverage tickets to students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A fundraiser on school premises sells food tickets to students during the meal periods. The nonprofit food service account must receive the fundraiser's income from all tickets sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods that students can purchase with the tickets must comply with the Smart Snacks nutrition standards because the ticket sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Timing of distribution and consumption

Fundraisers sometimes sell foods and beverages at a different time from when they will be distributed or consumed. For example, students order and pay for the foods and beverages, then receive the products several weeks later. The federal and state requirements have different restrictions for these types of fundraisers.

Smart Snacks nutrition standards for timing and distribution

The Smart Snacks nutrition standards apply to all student orders for foods and beverages that are distributed to, and intended to be consumed by, students on school premises **during the school day**. They do not apply to foods and beverages intended for consumption at home. Examples include products distributed on school premises in a precooked state (such as frozen cookie dough, frozen pies, and frozen pizza), and products that are distributed on school premises in bulk quantities, i.e., multiple servings per package (such as boxes or bags of candy bars, Girl Scout cookies, popcorn, tea bags, hot chocolate packets, and bags of gourmet coffee).

The USDA encourages organizations to deliver foods at a time when parents are more likely to be present to collect them, for example, during specific drop-off or pick-up times.

The examples below show how the Smart Snacks nutrition standards apply to the timing of distribution and consumption of fundraiser foods and beverages.

- **Example 1:** A school club cannot sell tickets to students on Monday for hot chocolate that will be distributed to students on school premises during the school day on Friday. Hot chocolate does not comply with the Smart Snacks nutrition standards.

- **Example 2:** A school organization cannot take orders from students for holiday "candy grams" that will be distributed to students on school premises during the school day. Candy does not comply with the Smart Snacks nutrition standards and cannot be sold or distributed to students during the school day.

- **Example 3:** A fundraiser cannot distribute orders of doughnuts to students on school premises during the school day, unless the doughnuts comply with the Smart Snacks nutrition standards. Most doughnuts do not comply with the Smart Snacks nutrition standards.

State requirements for timing of distribution and consumption

Fundraisers that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section), regardless of when students will receive or consume the foods and beverages. This also includes student orders for foods and beverages, and distribution of foods and beverages to students on school premises.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits fundraiser orders and distribution of candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example 1:** The ASP operates after the school day from 3:30 p.m. to 4:30 p.m. Students cannot order candy from a fundraiser on school premises from 3:00 p.m. to 5:00 p.m.
    - **Example 2:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. Fundraisers cannot distribute orders of candy, coffee, tea, and soft drinks to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students from fundraisers on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: orders for foods and beverages (refer to "Fundraiser catalogs and orders" in this section); sales of tickets that students can exchange for foods and beverages (refer to "Tickets, coupons, and tokens" in this section); and student donations in exchange for foods and beverages (refer to "Suggested donations for foods and beverages" in this section).
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. During the meal periods, a fundraiser on school premises takes orders from students for foods and beverages that will be distributed to students at a future date for consumption on school premises. The nonprofit food service account must receive the fundraiser's income from all orders from students during 6:30 a.m. to 8:30 a.m. and 10:30 a.m. to 12:30 p.m. **Note:** All foods available for sale to students from this fundraiser must comply with the Smart Snacks nutrition standards because the sales (orders) occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Fundraiser resources

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

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

Interschool Agreements

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

- A "providing sponsor" is a district or school that sells USDA meals or snacks to another district or school, and maintains its own Agreement for Child Nutrition Programs (ED-099) with the CSDE to operate the CNPs.

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

For information on interschool agreements, visit the "Interschool Agreements" section of the CSDE's "Forms for School Nutrition Programs" webpage.

Recipient schools that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations.

Smart Snacks nutrition standards for recipient schools

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students on school premises **during the school day**. This includes:

- all entities that sell foods and beverages to students on school premises (refer to "Definition of "sales" for Smart Snacks" in this section);
- fee-based programs and activities on school premises that include the cost of foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section);
- programs and activities on school premises where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section);
- student orders for foods and beverages on school premises that are intended to be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- distribution of fundraiser foods and beverages to students on school premises, if the foods and beverages have been ordered by students on school premises and will be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section); and

- fundraisers on school premises that give foods and beverages to students in exchange for a suggested donation (refer to "Suggested donations for foods and beverages" in this section).

State requirements for recipient schools

Entities that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). These regulations apply to:

- all entities that sell foods and beverages to students on school premises (refer to "Definition of "sales" for Smart Snacks" in this section);
- fee-based programs and activities on school premises that include the cost of foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section);
- programs and activities on school premises where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section);
- student orders for foods and beverages on school premises (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- distribution of fundraiser foods and beverages to students on school premises, if the foods and beverages have been ordered by students on school premises (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section); and
- fundraisers on school premises that give foods and beverages to students in exchange for a suggested donation (refer to "Suggested donations for foods and beverages" in this section).

The state competitive foods regulations apply while CNPs are operating.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits recipient schools from selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. A teacher cannot give candy, coffee, tea, and soft drinks to students anywhere on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: sales of tickets that students can exchange for foods and beverages (refer to "Tickets, coupons, and tokens" in this section); program fees charged to cover the cost of foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section); student orders for foods and beverages on school premises (refer to "Fundraiser catalogs and orders" in this section; and student donations in exchange for foods and beverages on school premises (refer to "Suggested donations for foods and beverages" in this section).
    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. An organization sells foods and beverages to students during the meal periods. The nonprofit food service account must receive the organization's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this organization must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Meetings

Meetings that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples of groups that might conduct meetings for students on school premises include student organizations and clubs, parent-teacher organizations, and school programs.

Smart Snacks nutrition standards for meetings

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from meetings on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section. This also includes fee-based meetings that include the cost of foods and beverages provided to students during practices (refer to "Fee-based Programs and Activities" in this section), and meetings where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

- **Example 1:** The school day ends at 3:00 p.m. A fee-based meeting from 2:00 p.m. to 3:30 p.m. on school premises includes the cost of foods and beverages provides to students. The Smart Snacks nutrition standards apply because students receive the foods and beverages **before** the end of the school day.

- **Example 2:** The school day ends at 3:00 p.m. A fee-based meeting from 3:30 p.m. to 5:00 p.m. on school premises includes the cost of foods and beverages provides to students. The Smart Snacks nutrition standards do **not** apply because students receive the foods and beverages **after** the end of the school day.

State requirements for meetings

Meetings on school premises that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes the income from sales of tickets that students can exchange for foods and beverages at meetings on school premises (refer to "Tickets, coupons, and tokens" in this section); and fees charged to cover the cost of foods and beverages provided to students at meetings on school premises (refer to "Fee-based Programs and Activities" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits tickets or similar items that can be exchanged for candy, coffee, tea, and soft drinks from being sold or given to students and exchanged by students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m. and the ASP operates after the school day from 3:30 to 4:30 p.m., meetings on school premises cannot give or distribute candy, coffee, tea, and soft to students from 11:00 a.m. to 1:30 p.m. and 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all food and beverage tickets sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

    - **Example 1:** The NSLP operates from 11:30 a.m. to 1:00 p.m. A meeting on school premises sells foods and beverages to students from 11:30 a.m. to 12:30 p.m. The nonprofit food service account must receive the meeting's income from all foods and beverages sold to students because these sales occur during the NSLP meal period. **Note:** All foods that students can purchase with the tickets must comply with the Smart Snacks nutrition standards because the ticket sales occur during the school day.

    - **Example 2:** The NSLP operates from 11:30 a.m. to 1:00 p.m. A student club holds a meeting on school premises from 12:00 p.m. to 1:00 p.m. Students pay a meeting fee that includes the cost of lunch. The nonprofit food service account must receive the income from the portion of the meeting fee that covers the cost of foods and beverages provided to students. **Note:** All foods and beverages provided in this lunch must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Noncompliant Foods and Beverages

Entities that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Noncompliant foods and beverages do not comply with the Smart Snacks nutrition standards.

Smart Snacks nutrition standards for noncompliant foods and beverages

The Smart Snacks nutrition standards prohibit sales of noncompliant foods and beverages to students on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section).

State requirements for noncompliant foods and beverages

Entities that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For examples of how Section 10-215b-1 applies, refer to "Section 10-215b-1: Restrictions for candy" and "Section 10-215b-1: Restrictions for coffee, tea, and soft drinks" in section 1.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: sales of tickets on school premises that students can exchange for noncompliant foods and beverages (refer to "Tickets, coupons, and tokens" in this section); program fees charged to cover the cost of noncompliant foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section); student orders for compliant foods and

beverages on school premises (refer to "Fundraiser catalogs and orders" in this section; and student donations in exchange for compliant foods and beverages on school premises (refer to "Suggested donations for foods and beverages" in this section).For examples of how Section 10-215b-1 applies, refer to "Section 10-215b-23: Accrual of income" in section 1.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

School Cafeterias

Cafeterias that sell la carte foods and beverages to students must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. A la carte sales are foods and beverages sold separately from reimbursable meals in the NSLP and SBP. Examples include ice cream, cookies, chips, pretzels, crackers, bagels, muffins, pasta, rice, bottled water, milk, juice, fresh fruit, salads, vegetables, soups, and entrees such as pizza and sandwiches.

Smart Snacks nutrition standards for school cafeterias

The Smart Snacks nutrition standards apply to all a la carte foods and beverages available for sale to students in school cafeterias **during the school day**. This also includes purchased tickets that students can exchange for a la carte foods and beverages in the cafeteria (refer to "Tickets, coupons, and tokens" in this section).

State requirements for school cafeterias

School cafeterias that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits school cafeterias from selling and giving candy, coffee, tea, or soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.
    - **Example:** The At-risk Afterschool Meals program operates in the cafeteria from 5:30 to 6:30 p.m. The cafeteria cannot sell candy, coffee, tea, and soft drinks to students from 5:00 p.m. to 7:00 p.m.
- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.

> The income from cafeteria sales of a la carte foods and beverages in the NSLP and SBP already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all other sales of foods and beverages to students on school premises during this time.

    - **Example:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. The nonprofit food service account must receive the income from all foods and beverages available for sale to students on school premises from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages sold to students separately from reimbursable meals in the cafeteria (and any food sales outside of the cafeteria) must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

School Stores

School stores, kiosks, and other school-based enterprises that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. The CSDE's resource, *Requirements for Foods and Beverages in School Stores in Private Schools and RCCIs*, summarizes the requirements for school stores.

Smart Snacks nutrition standards for school stores

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from school stores on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes school stores where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

State requirements for school stores

School stores that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes school stores where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits school stores from selling and giving candy, coffee, tea, or soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 p.m. to 4:30 p.m., school stores cannot sell or distribute candy to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tickets or similar items that students can exchange for foods and beverages in school stores (refer to "Tickets, coupons, and tokens" in this section).

    - **Example 1:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. The school store sells foods and

beverages to students during the school day. The nonprofit food service account must receive the school store's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this school store must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

- **Example 2:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. During the meal periods, a school club sells tickets that students can exchange for foods in the school store during the school day. The nonprofit food service account must receive the income from all tickets sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods that students can purchase with the tickets must comply with the Smart Snacks nutrition standards because the ticket sales and exchange occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Special Milk Program (SMP)

Private schools and RCCIs that participate in the NSLP or SBP may also participate in the SMP to provide milk to children in half-day pre-kindergarten and kindergarten programs where children do not have access to the USDA's school meal programs. The USDA requires the following types of milk for each age group:

- unflavored whole milk for age 1;
- unflavored low-fat (1%) milk or unflavored fat-free milk for ages 2-5; and
- unflavored low-fat (1%) milk, unflavored fat-free milk, or flavored fat-free milk for ages 6 and older.

For more information, visit the CSDE's SMP webpage.

Smart Snacks nutrition standards for the SMP

The Smart Snacks nutrition standards do not apply to the SMP unless the school also participates in the NSLP or SBP.

State requirements for the SMP

SMP operations that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Income from the SMP already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all other sales of foods and beverages to students on school premises from 30 minutes before up through 30 minutes after the SMP.
    - **Example:** A NSLP school operates the SMP for students in half-day pre-kindergarten. The SMP operates from 11:00 a.m. to 12:00 p.m. A fundraiser

on school premises sells foods and beverages to students during the milk service. The nonprofit food service account must receive the fundraiser's income from all foods and beverages sold to students from 10:30 a.m. to 12:30 p.m. **Note:** All foods available for sale to students from this fundraiser must comply with the Smart Snacks nutrition standards because the ticket sales and exchange occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Sports Competitions

Sports competitions that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Examples include concession stands, clubs, and organizations that sell foods and beverages at games, matches, and tournaments.

Smart Snacks nutrition standards for sports competitions

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from sports competitions on school premises **during the school day**. This also includes sports competitions where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

- **Example 1**: The school day ends at 3:00 p.m. A school booster club at a baseball game on school premises sells foods and beverages to students beginning at 3:15 p.m. The Smart Snacks nutrition standards apply because these sales occur **before** the end of the school day (i.e., the period from the midnight before to 30 minutes after the end of the official school day).

- **Example 2**: The school day ends at 3:00 p.m. A school booster club at a baseball game on school premises sells foods and beverages to students beginning at 3:45 p.m. The Smart Snacks nutrition standards do not apply because these sales occur **after** the end of the school day.

State requirements for sports competitions

Sports competitions that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes sports competitions where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits sports competitions on school premises from selling and giving candy, coffee, tea, and soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 to 4:30 p.m., sports competitions on school premises cannot sell or distribute candy to students from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tickets that students can exchange for foods and beverages at sports competitions on school premises (refer to "Tickets, coupons, and tokens" in this section).

    - **Example:** The ASP operates after the school day from 3:30 p.m. to 4:30 p.m. A booster club at a football game sells foods and beverages to students beginning at 2:45 p.m. The nonprofit food service account must receive the income from all foods and beverages sold to students from 3:00 p.m. to 5:00 p.m. **Note:** Thee Smart Snacks nutrition standards do not apply because the sales occur after the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Sports Practices

Sports practices that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. This includes practices of any sports teams, sports clubs, and sports organizations that occur on school premises at any time. The federal and state nutrition standards also apply to fee-based sports programs that include the cost of foods and beverages provided to students on school premises.

Smart Snacks nutrition standards for sports practices

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students at sports practices on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes fee-based sports programs that include the cost of foods and beverages provided to students during practices (refer to "Fee-based Programs and Activities" in this section), and sports practices where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

- **Example 1**: The school day ends at 3:00 p.m. A fee-based sports program on school premises includes the cost of foods and beverages provided to students during practices. Students receive these foods and beverages beginning at 3:15 p.m. The Smart Snacks nutrition standards apply because students receive the foods and beverages **before** the end of the school day (i.e., the period from the midnight before to 30 minutes after the end of the official school day).

- **Example 2**: The school day ends at 3:00 p.m. A fee-based sports program includes the cost of foods and beverages provided to students during practices on school premises. Students receive the foods and beverages beginning at 3:45 p.m. The Smart Snacks nutrition standards do **not** apply because students receive the foods and beverages **after** the end of the school day.

State requirements for sports practices

Sports practices that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes sports practices where students can exchange purchased or free tickets for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits sports practices on school premises from selling and giving candy, coffee, tea, and soft drinks (including sports drinks) to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 to 4:30 p.m., sports practices on school premises cannot sell or distribute sports drinks to students from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from fees charged to cover the cost of foods and beverages provided to students during practices on school premises (refer to "Fee-based Programs and Activities" in this section).

    - **Example 1:** The ASP operates on school premises after the school day from 3:30 p.m. to 4:30 p.m. A sports program sells beverages to students during daily practices from 3:30 p.m. to 5:30 p.m. The nonprofit food service account must receive the income from all beverages sold to students from 3:00 p.m. to 5:00 p.m. **Note:** The Smart Snacks nutrition standards do not apply because the beverage sales occur after the school day.

    - **Example 2:** The ASP operates on school premises after the school day from 3:30 p.m. to 4:30 p.m. A fee-based sports program includes the cost of beverages provided to students during practices from 3:30 p.m. to 5:30 p.m. The nonprofit food service account must receive the income from the portion of the sports program fee that covers the cost of beverages provided to students from 3:00 p.m. to 5:00 p.m. during practices. **Note:** The Smart Snacks nutrition standards do not apply because the beverage sales occur after the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

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

The SFSP and SSO must serve meals and snacks that meet the USDA meal patterns. The SSO follows the NSLP and SBP meal patterns. For information on the SSO meal pattern requirements, visit the CSDE's Meal Patterns for Grades K-12 in School Nutrition Programs and Meal Patterns for Preschoolers in School Nutrition Programs webpages. For information on the SFSP meal pattern requirements, refer to the *SFSP Meal Pattern*.

SFSP and SSO operations that sell foods and beverages to students separately from reimbursable meals on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations.

Smart Snacks nutrition standards for the SFSP and SSO

Under the Smart Snacks regulations, the SFSP is not part of the school day unless it operates on school premises during a summer school program operated by the school governing authority. The Smart Snacks nutrition standards do not apply unless the SFSP:

- operates at a school during the school day, during which summer school NSLP meals are being served on campus; and
- sells foods and beverages to students separately from reimbursable SFSP meals and snacks.

The Smart Snacks nutrition standards do not apply to the SSO unless the site is also operating a summer school program and serving NSLP meals on school campus.

State requirements for the SFSP and SSO

SFSP and SSO operations on school premises that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

> The state competitive foods regulations do **not** typically apply to the SFSP and SSO. Most SFSP and SSO operations solely provide reimbursable meals and do not sell a la carte foods and beverages.

- **Section 10-215b-1 of the state competitive foods regulations** prohibits the SFSP and SSO from selling and giving candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after its operation.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. Income from the SFSP and SSO already accrues to the nonprofit food service account. The nonprofit food service account must also receive the income from all other sales of foods and beverages to students on school premises during this time.

    - **Example:** The SSO operates on school premises during the summer months and serves lunch from 11:00 a.m. to 12:00 p.m. An organization sells foods and beverages to students on school premises during the SSO meal period. The nonprofit food service account must receive the organization's income from all foods and beverages sold to students from 10:30 a.m. to 12:30 p.m. **Note:** The Smart Snacks nutrition standards do not apply because the site is not also operating a summer school program and serving NSLP meals on school campus.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

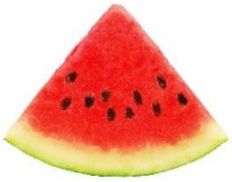
Summer School Programs

Summer school programs that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. Summer school programs operated by the school governing authority on school premises are part of the regular school day.

Smart Snacks nutrition standards for summer school programs

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from summer school programs on school premises **during the summer school day**. For example, if summer school ends at 2:30 p.m., the Smart Snacks nutrition standards apply to all foods available for sale to students on school premises through 3:00 p.m. This includes:

- foods and beverages available for sale to students on school premises (refer to "Definition of "sales" for Smart Snacks" in this section);
- fee-based programs and activities on school premises that include the cost of foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section);
- programs and activities on school premises where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section);
- student orders for foods and beverages on school premises that are intended to be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- distribution of fundraiser foods and beverages to students on school premises, if the foods and beverages have been ordered by students on school premises and will be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- fundraisers on school premises that give foods and beverages to students in exchange for a suggested donation (refer to "Suggested donations for foods and beverages" in this section).



State requirements for summer school programs

Summer school programs on school premises that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits summer school programs on school premises from selling and giving candy, coffee, tea, and soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if a SFSP on school premises serves supper from 5:00 p.m. to 6:00 p.m., the summer school program cannot sell or distribute candy to students from 4:30 p.m. to 6:30 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: sales of tickets that students can exchange for foods and beverages (refer to "Tickets, coupons, and tokens" in this section); summer school program fees charged to cover the cost of foods and beverages provided to students on school premises (refer to "Fee-based Programs and Activities" in this section); student orders for foods and beverages on school premises (refer to "Fundraiser catalogs and orders" in this section; and student donations in exchange for foods and beverages on school premises (refer to "Suggested donations for foods and beverages" in this section).

    - **Example:** The SSO serves breakfast from 7:00 to 8:00 a.m. and lunch from 12:00 p.m. to 1:00 p.m. A summer school program on school premises sells foods and beverages to students during the meal periods. The nonprofit food service account must receive the summer school program's income from all foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from this summer school program must comply with the Smart Snacks nutrition standards because the sales occur during the summer school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Vending Machines

Vending machines that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. The CSDE's resource, *Requirements for Foods and Beverages in Vending Machines in Private Schools and RCCIs,* summarizes the requirements for vending machines. For more information, refer to the CSDE's Operational Memorandum No. 1-18: *Accrual of Income from Sales of Competitive Foods in Schools.*

Smart Snacks nutrition standards for vending machines

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students from vending machines on school premises **during the school day** (refer to "Definition of "sales" for Smart Snacks" in this section). This also includes vending machines where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section).

State requirements for vending machines

Vending machines that sell or distribute foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section). This also includes vending machines where students can exchange purchased or free tickets or tokens for foods and beverages (refer to "Tickets, coupons, and tokens" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits vending machines from selling and giving candy, coffee, tea, or soft drinks to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 p.m. to 4:30 p.m., vending machines on school premises cannot sell or distribute candy to students from 3:00 p.m. to 5:00 p.m. They must be **turned off** during this time.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales of tokens that students can exchange for

foods and beverages in vending machines on school premises (refer to "Tickets, coupons, and tokens" in this section).

- **Example 1:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. Vending machines on school premises sell foods and beverages to students during the meal periods. The district's vending machine contract specifies that the school food service department will receive 20 percent of the total vending sales. The nonprofit food service account must receive 100 percent of the vending machine income from foods and beverages sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages available for sale to students from these vending machines must comply with the Smart Snacks nutrition standards because the sales occur during the school day.

- **Example 2:** The SBP operates from 7:00 a.m. to 8:00 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m. During the meal periods, a school club sells tokens that students can use to obtain foods and beverages from the vending machines during the school day. The nonprofit food service account must receive the income from all tokens sold to students from 6:30 a.m. to 8:30 a.m. and 11:00 a.m. to 1:30 p.m. **Note:** All foods and beverages that students can obtain with the tokens must comply with the Smart Snacks nutrition standards because the token sales and exchange occur during the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

Vendors

Vendors that sell foods and beverages to students on school premises must comply with the Smart Snacks nutrition standards and the state competitive foods regulations. For example, an ice cream truck cannot sell noncompliant ice cream to students on school campus during the school day. Examples of vendors include food service management companies (FSMCs), food trucks, caterers, online and mobile food delivery companies, and other outside entities that sell foods and beverages to students on school premises.

The federal and state nutrition standards do not apply when vendors sell beverages to adults (such as teachers, staff, and parents) on school premises (refer to "Sales to adults"), or sell foods and beverages to students off school premises (refer to "Fundraisers held off school premises" in this section).

- **Example:** An ice cream truck sells ice cream that does not meet the Smart Snacks nutrition standards. The ice cream truck cannot sell this ice cream to students on school campus during the school day. However, if this ice cream truck is located off school campus, it can sell ice cream to students at any time.

Smart Snacks nutrition standards for vendors

The Smart Snacks nutrition standards apply to all foods and beverages available for sale to students on school premises **during the school day**. This includes:

- foods and beverages available for sale to students from vendors on school premises (refer to "Sales to Students" in this section);
- vendors operating fee-based programs and activities on school premises that include the cost of foods and beverages provided to students (refer to "Fee-based Programs and Activities" in this section);
- vendors on school premises where students can exchange purchased tickets for foods and beverages that will be consumed on school premises during the school day (refer to "Tickets, coupons, and tokens" in this section);
- student orders for foods and beverages on school premises that are intended to be consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);
- distribution of foods and beverages to students from vendors on school premises, if the beverages have been ordered by students on school premises and will be

consumed by students on school premises during the school day (refer to "Fundraiser catalogs and orders" and "Timing of distribution and consumption" in this section);

- vendors operating fundraisers on school premises that give foods and beverages to students in exchange for a suggested donation (refer to "Suggested donations for foods and beverages" in this section).

State requirements for vendors

Vendors that sell or give foods and beverages to students on school premises must comply with Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations (refer to "Definition of "sales" for Connecticut regulations" and "Giving Foods and Beverages to Students" in this section).

- **Section 10-215b-1 of the state competitive foods regulations** prohibits sports practices on school premises from selling and giving candy, coffee, tea, and soft drinks (including sports drinks) to students from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For example, if the ASP operates after the school day from 3:30 to 4:30 p.m., sports practices on school premises cannot sell or distribute sports drinks to students from 3:00 p.m. to 5:00 p.m.

- **Section 10-215b-23 of the state competitive foods regulations** requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from: sales of tickets on school premises that students can exchange for foods and beverages (refer to "Tickets, coupons, and tokens" in this section); vendor fees charged to cover the cost of foods and beverages provided to students premises (refer to "Fee-based Programs and Activities" in this section); student orders for foods and beverages on school premises (refer to "Fundraiser catalogs and orders" in this section; and student donations in exchange for foods and beverages on school premises (refer to "Suggested donations for foods and beverages" in this section).

    - **Example 1:** The ASP operates on school premises after the school day from 3:30 p.m. to 4:30 p.m. A sports program sells beverages to students during daily practices from 3:30 p.m. to 5:30 p.m. The nonprofit food service account must receive the income from all beverages sold to students from 3:00 p.m. to 5:00 p.m. **Note:** The Smart Snacks nutrition standards do not apply because the beverage sales occur after the school day.

- **Example 2:** The ASP operates on school premises after the school day from 3:30 p.m. to 4:30 p.m. A fee-based sports program includes the cost of beverages provided to students during practices from 3:30 p.m. to 5:30 p.m. The nonprofit food service account must receive the income from the portion of the sports program fee that covers the cost of beverages provided to students from 3:00 p.m. to 5:00 p.m. during practices. **Note:** The Smart Snacks nutrition standards do not apply because the beverage sales occur after the school day.

For additional guidance on Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations, refer to "State Competitive Foods Regulations" in section 1.

3 — Summary of Food Restrictions

Table 3-1 summarizes the restrictions for selling and giving competitive foods to students in private schools and RCCIs, based on the federal and state requirements. For more information, refer to "Sales to Students" and "Giving Foods and Beverages to Students"' in section 2. For definitions of terms, refer to the Glossary.

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

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

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

Table 3-1. Restrictions for competitive foods in Connecticut's private schools and RCCIs, *continued*	
Food	**Requirements**
Gum, regular	The Federal Food, Drug, and Cosmetic Act defines gum as a food. The Smart Snacks nutrition standards prohibit sales of regular gum to students on school campus during the school day. If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods (including gum) and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.
Gum, sugar-free	The Federal Food, Drug, and Cosmetic Act defines gum as a food. The Smart Snacks nutrition standards allow sales of sugar-free gum to students during the school day. If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods (including gum) and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

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

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

Table 3-1. Restrictions for competitive foods in Connecticut's private schools and RCCIs, *continued*	
Food	**Requirements**
All foods sold separately from school meals (except entree items), e.g., cookies, crackers, pretzels, popcorn, chips, puffed snacks, cereals, ice cream, pudding, yogurt, cheese, nuts/seeds, nut/seed butters, baked goods (e.g., pastries, toaster pastries, bagels, muffins, waffles, pancakes, rolls and buns), cooked grains (e.g., rice and pasta), soup, fruits, vegetables, and combination foods, *continued*	**Noncompliant foods** The Smart Snacks nutrition standards prohibit sales of noncompliant foods to students on school campus during the school day, but allows sales after the school day. For more information, refer to "Noncompliant Foods and Beverages" in section 2. If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

Table 3-1. Restrictions for competitive foods in Connecticut's private schools and RCCIs, *continued*	
Food	**Requirements**
Entree items sold separately from school meals, e.g., pizza, chicken nuggets, chef's salad, burritos, lasagna, hamburgers, and fruit-yogurt parfaits	The Smart Snacks nutrition standards do not apply to entree items that are sold a la carte during the meal service on the same day, or the day after, that they are planned and served as part of a reimbursable meal in the NSLP or SBP. These entrees may be sold a la carte during the meal service if they are the same or smaller portion size as the NSLP and SBP; and have the same accompaniments. **Entrees sold only a la carte** The Smart Snacks nutrition standards apply only to entree items that are **sold only a la carte**, i.e., entrees that are not part of reimbursable meals. For example, if a school sells pizza that is not part of a reimbursable meal on the day of service or the day after service, the pizza must comply with Smart Snacks. Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise, and salad dressing must be included when evaluating entrees for compliance with Smart Snacks. For example, to determine if a hamburger on a bun complies with Smart Snacks, schools must add the nutrition information per serving for the hamburger and bun plus the nutrition information per serving for any condiments (such as ketchup and mustard), and compare this total with the Smart Snacks nutrition standards requirements for the entrees category. • **Compliant entrees sold only a la carte:** Entrees that comply with the Smart Snacks nutrition standards may be sold to students anywhere on school premises at any time. Added accompaniments such as butter, cream cheese, syrup, ketchup, mustard, mayonnaise, and salad dressing must be included when evaluating foods for compliance with Smart Snacks. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable commercial products. For foods made from scratch, private schools and RCCIs must compare the recipe's nutrition information per serving (including any added accompaniments) with each nutrition *Continued on next page*

Table 3-1. Restrictions for competitive foods in Connecticut's private schools and RCCIs, *continued*	
Food	**Requirements**
Entree items sold separately from school meals, e.g., pizza, chicken nuggets, chef's salad, burritos, lasagna, hamburgers, and fruit-yogurt parfaits, *continued*	standard for the appropriate Smart Snacks food category. Foods must be evaluated for compliance with the Smart Snacks nutrition standards **before** they are sold to students. For more information, refer to "Identifying allowable foods and beverages" in section 1 and "Compliant Foods and Beverages" in section 2. If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. • **Noncompliant entrees sold only a la carte:** The Smart Snacks nutrition standards prohibit sales of noncompliant entrees to students on school campus during the school day. Noncompliant entrees may be sold after the school day. For more information, refer to "Noncompliant Foods and Beverages" in section 2. If any CNPs are operating, Section 215b-23 of the state competitive foods regulations requires additional restrictions. Section 215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

4 — Summary of Beverage Restrictions

Table 4-1 summarizes the restrictions for selling and giving competitive beverages to students in private schools and RCCIs, based on the federal and state requirements. For more information, refer to "Sales to Students" and "Giving Foods and Beverages to Students"' in section 2. For definitions of terms, refer to the Glossary.

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

Table 1-3 summarizes the federal and state beverage requirements.

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

Beverage	Requirements
Almond milk products that do not meet the USDA's nutrition standards for fluid milk substitutes	Refer to "**Milk substitute products** that do **not** meet the USDA's nutrition standards for fluid milk substitutes" **Note:** The commercial almond milk products that are currently available do not meet the USDA's nutrition standards for fluid milk substitutes.

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

Beverage	Requirements
Beverages containing 100 percent juice diluted with water, with added sweeteners, with or without carbonation [1] 	The Smart Snacks nutrition standards prohibit sales of beverages containing juice and water with added sweeteners to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because beverages containing juice and water with added sweeteners meet the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Beverages containing 100 percent juice diluted with water, without added sweeteners, with or without carbonation	The Smart Snacks nutrition standards allow sales of beverages containing juice and water with added sweeteners to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.
Club soda	Refer to "**Water, plain, without added sweeteners** (with or without carbonation), e.g., club soda, seltzer, sparkling water."
Cocoa	Refer to "**Hot chocolate (cocoa)**, regular, low-calorie and sugar-free."

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Coffee, regular, decaffeinated, herbal, and iced	The Smart Snacks nutrition standards prohibit sales of coffee to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of coffee to **high school** students at any time if the product meets the calorie limits for Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Check product labels and include any added accompaniments (such as milk, cream, and sugar) when determining if coffee meets the Smart Snacks calorie limits for high schools. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions for coffee. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.For more information, refer to "State Competitive Foods Regulations" in section 1.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Hot chocolate (cocoa), regular, low-calorie and sugar-free	The Smart Snacks nutrition standards prohibit sales of hot chocolate to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of hot chocolate to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Low-calorie or sugar-free hot chocolate products might meet the Smart Snacks nutrition standards calorie limits for "flavored and/or carbonated beverages," but regular products usually exceed these limits. Check product labels and include any added accompaniments (such as milk and marshmallows) when determining if hot chocolate meets the Smart Snacks calorie limits for high schools. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Juice, 100 percent full-strength (fruit juice, vegetable juice, or combination) 	The Smart Snacks nutrition standards allow sales of 100 percent full-strength juice to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.
Juice, 100 percent full-strength, carbonated (fruit juice, vegetable juice, or combination) 	The Smart Snacks nutrition standards allow sales of 100 percent full-strength carbonated juice to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

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

Beverage	Requirements
Juice drinks (not 100 percent juice), regular or low-calorie, e.g., lemonade, punch drinks, cranberry cocktail, nectars [1] 	Juice drinks are products resembling juice that contain full-strength juice with added water and possibly other ingredients, such as sweeteners, spices or flavorings. Juice drinks are not 100 percent juice. The Smart Snacks nutrition standards prohibit sales of juice drinks **to elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of juice drinks to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Low-calorie juice drink products might meet the Smart Snacks nutrition standards calorie limits for "flavored and/or carbonated beverages," but regular products usually exceed these limits. Check product labels when determining if juice drinks meet the Smart Snacks nutrition standards calorie limits for high schools. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because juice drinks meet the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Lemonade (not 100 percent juice) [1]	Refer to **"Juice drinks (not 100 percent juice)**, regular or low-calorie, regular or low-calorie, e.g., lemonade, punch drinks, cranberry cocktail, nectars."
Milk, fat-free, unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee	The Smart Snacks nutrition standards allow sales of fat-free milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

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

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

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

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

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Milk, reduced fat (2%), unflavored or flavored	The Smart Snacks nutrition standards prohibit sales of reduced-fat milk to all grades on school campus during the school day, but allows sales after the school day. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. For consistency with the *Dietary Guidelines for Americans* and the USDA's regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.
Milk, whole, unflavored or flavored	The Smart Snacks nutrition standards prohibit sales of whole milk to all grades on school campus during the school day, but allows sales after the school day. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. For consistency with the *Dietary Guidelines for Americans* and the USDA's regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Milk, lactose-free, low-fat (1%), unflavored or flavored	The Smart Snacks nutrition standards allow sales of low-fat lactose-free milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.
Milk, lactose-free fat-free, unflavored or flavored, e.g., chocolate, strawberry, vanilla, coffee	The Smart Snacks nutrition standards allow sales of fat-free lactose-free milk (unflavored or flavored) to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Milk, lactose-free reduced-fat (2%), unflavored or flavored	The Smart Snacks nutrition standards prohibit sales of lactose-free reduced-fat milk (unflavored or flavored) to all grades on school campus during the school day, but allows sales after the school day. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. For consistency with the *Dietary Guidelines for Americans* and the USDA's regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.
Milk, lactose-free whole, flavored or unflavored	The Smart Snacks nutrition standards prohibit sales of lactose-free whole milk(unflavored or flavored) to all grades on school campus during the school day, but allows sales after the school day. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. For consistency with the *Dietary Guidelines for Americans* and the USDA's regulations for the NSLP and SBP, the CSDE recommends that schools sell only low-fat (1%) and fat-free milk.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Milk substitute products that meet the USDA's nutrition standards for fluid milk substitutes	The Smart Snacks nutrition standards allow sales of milk substitute products that meet the USDA's nutrition standards for fluid milk substitutes to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. **Note:** Only certain brands of soy milk meet the USDA's nutrition standards for fluid milk substitutes. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. For information on the USDA's requirements for milk substitutes in school meals for children without disabilities, refer to the CSDE's resource, *Allowable Milk Substitutions for Children without Disabilities in School Nutrition Programs*. For information on the USDA's requirements for milk substitutes in school meals for children with disabilities, refer to the CSDE's resource, *Accommodating Special Diets in School Nutrition Programs*.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Milk substitute products that do **not** meet the USDA's nutrition standards for fluid milk substitutes	The Smart Snacks nutrition standards prohibit sales of milk substitute products that do not meet the USDA's nutrition standards for fluid milk substitutes to all grades on school campus during the school day, but allows sales after the school day. **Note:** Only certain brands of soy milk meet the USDA's nutrition standards for fluid milk substitutes. Most milk substitute products (such as almond milk, cashew milk, rice milk, and many brands of soy milk) do not meet these standards. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1. For information on the USDA's requirements for milk substitutes in school meals for children without disabilities, refer to the CSDE's resource, *Allowable Milk Substitutions for Children without Disabilities in School Nutrition Programs*. For information on the USDA's requirements for milk substitutes in school meals for children with disabilities, refer to the CSDE's resource, *Accommodating Special Diets in School Nutrition Programs*.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Rice milk products that do not meet the USDA's nutrition standards for fluid milk substitutes	Refer to "**Milk substitute products** that do **not** meet the USDA's nutrition standards for fluid milk substitutes" **Note:** The commercial rice milk products that are currently available do not meet the USDA's nutrition standards for fluid milk substitutes.
Seltzer, flavored	Refer to "**Water, flavored, without added sweeteners** (with or without carbonation), e.g., flavored seltzer and flavored sparkling water."
Seltzer, unflavored	Refer to "**Water, plain, without added sweeteners** (with or without carbonation), e.g., club soda, seltzer, sparkling water."
Soy milk substitute products that meet the USDA's nutrition standards for fluid milk substitutes	Refer to "Milk substitute products that meet the USDA's nutrition standards for fluid milk substitutes"

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

Beverage	Requirements
Soda, diet [1] 	The Smart Snacks nutrition standards prohibit sales of diet soda to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of diet soda to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because soda meets the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Soda, regular [1] 	The Smart Snacks nutrition standards prohibit sales of regular soda to all grades on school campus during the school day, but allows sales after the school day. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because soda meets the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.
Sparkling water, flavored, without added sweeteners	Refer to "**Water, flavored, without added sweeteners** (with or without carbonation), e.g., flavored seltzer and flavored sparkling water."
Sparkling water, plain, without added sweeteners	Refer to "**Water, plain, without added sweeteners** (with or without carbonation), e.g., club soda, seltzer, sparkling water."

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

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

Beverage	Requirements
Sports drinks, regular [1]	The Smart Snacks nutrition standards prohibit sales of regular sports drinks to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of regular sports drinks to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Low-calorie sports drinks might meet the Smart Snacks nutrition standards calorie limits for "flavored and/or carbonated beverages," but regular products usually exceed these limits. Check product labels when determining if regular sports drinks meet the Smart Snacks nutrition standards calorie limits for high schools. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because sports drinks meet the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

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

Beverage	Requirements
Sports drinks, low-calorie and zero calorie [1] 	The Smart Snacks nutrition standards prohibit sales of low-calorie and zero calorie sports drinks to **elementary and middle** school students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of low-calorie and zero calorie sports drinks to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Low-calorie sports drinks might meet the Smart Snacks nutrition standards calorie limits for "flavored and/or carbonated beverages," but regular products usually exceed these limits. Check product labels when determining if low-calorie and zero calorie sports drinks meet the Smart Snacks nutrition standards calorie limits for high schools. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because sports drinks meet the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Tea, regular, decaffeinated, herbal, and iced 	The Smart Snacks nutrition standards prohibit sales of tea to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of tea to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Check product labels and include any added accompaniments (such as milk, cream, honey, and sugar) when determining if tea meets The Smart Snacks nutrition standards calorie limits for high schools. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions for tea for all grades. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Beverage	Requirements
Water with added sweeteners, (with or without carbonation) [1] 	The Smart Snacks nutrition standards prohibit sales of water with added sweeteners to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of waters with added sweeteners to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). The portion size cannot exceed 12 fluid ounces. **Note:** Low-calorie sweetened waters might meet the Smart Snacks nutrition standards calorie limits for "flavored and/or carbonated beverages," but regular products usually exceed these limits. Check product labels when determining if sweetened waters meet the Smart Snacks nutrition standards calorie limits for high schools. If any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the state competitive foods regulations require additional restrictions because water with added sweeteners meets the state definition of soft drinks. • Section 10-215b-1 prohibits selling and giving soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. • Section 10-215b-23 requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises during this time. For more information, refer to "State Competitive Foods Regulations" in section 1.

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

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Water, flavored, without added sweeteners (with or without carbonation), e.g., flavored seltzer and flavored sparkling water	The Smart Snacks nutrition standards prohibit sales of flavored water without added sweeteners to **elementary and middle school** students on school campus during the school day, but allows sales after the school day. The Smart Snacks nutrition standards allow sales of flavored water without added sweeteners to **high school** students at any time if the product meets the calorie limits for the Smart Snacks beverage category of "flavored and/or carbonated beverages" (refer to table 1-3). Portion sizes are unlimited. Consult the CSDE's List of Acceptable Foods and Beverages webpage for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the nonprofit food service account must receive the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. This also includes the income from sales at events that meet the beverage exemption criteria of the state beverage statute. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Water, plain, without added sweeteners (with or without carbonation), e.g., club soda, seltzer, sparkling water	The Smart Snacks nutrition standards allow sales of water without added sweeteners to all grades on school campus at any time. Portion sizes cannot exceed 8 fluid ounces for elementary school students or 12 fluid ounces for middle and high school students. Consult the CSDE's *List of Acceptable Foods and Beverages* for allowable products. If any CNPs are operating, Section 10-215b-23 of the state competitive foods regulations requires that the income from all foods and beverages sold to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs must accrue to the nonprofit food service account. For more information, refer to "Section 10-215b-23: Accrual of income" in section 1.

Table 4-1. Restrictions for competitive beverages in Connecticut's private schools and RCCIs, continued	
Beverage	**Requirements**
Water fortified with vitamins, with added sweeteners (with or without carbonation) [1]	Refer to "**Water with added sweeteners** (with or without carbonation)
Water, plain (no added ingredients)	Refer to "**Water, plain, without added sweeteners** (with or without carbonation), e.g., club soda, seltzer, sparkling water"

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

5 — Resources

This section includes resources that provide guidance on implementing the federal and state requirements for competitive foods in private schools and RCCIs. For a comprehensive list of resources, refer to the CSDE's document, *Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools*.

Child Nutrition Programs

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

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

Nutrition Standards for School Meals (USDA):
https://www.fns.usda.gov/school-meals/nutrition-standards-school-meals

Operational Memoranda for School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Lists/Operational-Memoranda-for-School-Nutrition-Programs

Program Guidance for School Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Program-Guidance-School-Nutrition-Programs

Resources for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Resources-for-Child-Nutrition-Programs

Seamless Summer Option (SSO) of the NSLP (CSDE):
https://portal.ct.gov/SDE/Nutrition/Seamless-Summer-Option-SSO-of-the-NSLP

Special Milk Program (CSDE):
https://portal.ct.gov/SDE/Nutrition/Special-Milk-Program

Summer Food Service Program (SFSP):
https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program

Competitive Foods

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

CSDE Operational Memorandum No. 11-14: Overview of Federal versus State Nutrition Standards for Competitive Foods in Schools:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM11-14.pdf

CSDE Operational Memorandum No. 1-18: Accrual of Income from Sales of Competitive Foods in Schools:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/OM01-18.pdf

Guide to Competitive Foods in Private Schools and Residential Child Care Institutions (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Competitive_Foods_Guide_Private_RCCI.pdf

Overview of Connecticut Competitive Foods Regulations (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview_CT_Competitive_Foods_Regulations.pdf

Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview_Federal_State_Laws_Competitive_Foods.pdf

Regulations of Connecticut State Agencies (Sections 10-215b-1 and 10-215b-23):
https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215b/

Requirements for Competitive Foods in Non-HFC Public Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Requirements_Competitive_Foods_NonHFC.pdf

Resource List for Competitive Foods in Schools:
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Competitive_Foods.pdf

Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Resources_Federal_State_Requirements_Competitive_Foods.pdf.

Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChart_Requirements_Competitive_Foods_Private_RCCI.pdf

Culinary Programs

CSDE Operational Memorandum No. 31-14: Federal and State Requirements for Culinary Education Programs (Smart Snacks versus Connecticut Nutrition Standards): https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM31-14.pdf

Requirements for Foods and Beverages in Culinary Programs in Non-HFC Public Schools (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Culinary_Programs_Requirements_NonHFC.pdf

Evaluating Compliance of Foods and Beverages

Connecticut Nutrition Standards Worksheets (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets

Evaluating Foods for Compliance with the Connecticut Nutrition Standards (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To

Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluating_Recipes_CNS_Compliance.pdf

How to Evaluate Foods Made from Scratch for Compliance with the CNS (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Scratch_Foods_CNS_Compliance.pdf

How to Evaluate Purchased Foods for Compliance with the CNS (CSDE): https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Purchased_Foods_CNS.pdf

List of Acceptable Foods and Beverages (CSDE webpage): https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages

Smart Snacks Product Calculator (Alliance for a Healthier Generation): https://foodplanner.healthiergeneration.org/

Fundraisers

Healthy Fundraising (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/HealthyFundraising.pdf

Requirements for Food and Beverage Fundraisers in Private Schools and Residential Child Care Institutions (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Fundraiser_Requirements_Private_RCCI.pdf

"School Fundraisers" section of the CSDE's Resource List for Competitive Foods in Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Competitive_Foods.pdf

List of Acceptable Foods and Beverages

Contact Information for Vendors Selling Foods and Beverages Listed on the Connecticut State Department of Education's List of Acceptable Foods and Beverages (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Contact_Information_Vendors_Acceptable_Foods_Beverages.pdf

List of Acceptable Foods and Beverages (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages

Submitting Food and Beverage Products for Approval (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting_Food_Beverage_Products.pdf

Summary of Updates to the Connecticut State Department of Education's List of Acceptable Foods and Beverages (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Summary_Updates_CSDE_List_Acceptable_Foods_Beverages.pdf

Regulations and Policy

Code of Federal Regulations (CFR) for the School Breakfast Program (7 CFR 220) (USDA):
https://www.fns.usda.gov/part-220—school-breakfast-program

Code of Federal Regulations (CFR) for the Special Milk Program (7 CFR 215) (USDA):
https://www.fns.usda.gov/part-215—special-milk-program-children

Code of Federal Regulations (CFR) for the Special Milk Program (7 CFR 215):
https://www.fns.usda.gov/part-215%E2%80%94special-milk-program-children

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

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

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

Laws and Regulations for Child Nutrition Programs (CSDE):
https://portal.ct.gov/SDE/Nutrition/Laws-and-Regulations-for-Child-Nutrition-Programs

USDA Food and Nutrition Service (FNS) Policy Memos and Documents for Child Nutrition Programs (USDA):
https://www.fns.usda.gov/resources

School Stores

CSDE Operational Memorandum No. 1-18: Accrual of Income from Sales of Competitive Foods in Schools:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2018/OM01-18.pdf

Requirements for Foods and Beverages in School Stores in Private Schools and Residential Child Care Institutions (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/HFC/School_Store_Requirements_Private_RCCI.pdf

"School Stores" section of the CSDE's Resource List for Competitive Foods in Schools (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Competitive_Foods.pdf

Smart Snacks

CSDE Operational Memorandum No. 29-14: Federal and State Requirements for Grain-Only Entrees: Smart Snacks versus Connecticut Nutrition Standards:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM29-14.pdf

CSDE Operational Memorandum No. 30-14: Smart Snacks Nutrition Standards and Exempt Fundraisers:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM30-14.pdf

CSDE Operational Memorandum No. 31-14: Federal and State Requirements for Culinary Education Programs: Smart Snacks versus Connecticut Nutrition Standards:
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Memos/OM2014/OM31-14.pdf

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

Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Comparison_Chart_Connecticut_Nutrition_Standards_and_Smart_Snacks.pdf

Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010 (Federal Register, Vol. 81, No. 146, July 29, 2016):
https://www.fns.usda.gov/school-meals/fr-072916d

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

Smart Snacks Nutrition Standards (CSDE webpage):
https://portal.ct.gov/SDE/Nutrition/Smart-Snacks-Nutrition-Standards

Summary of Smart Snacks Nutrition Standards (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary_Smart_Snacks_Nutrition_Standards.pdf

Glossary

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

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

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

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

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

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

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

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

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

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

competitive foods (*applies to state competitive foods regulations):* All foods and beverages available for sale to students on school premises at all times, other than reimbursable meals and ASP snacks served through the USDA's Child Nutrition Programs. Potential sources of competitive foods include, but are not limited to, cafeteria a la carte sales, vending machines, school stores, and fundraisers. For more information, see "a la carte sales" in this section. **Note:** Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating. For more information, see "Sales to Students" and "Giving Foods and Beverages to Students" in section 2.

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

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

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

enriched grains: Refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have some vitamins and minerals added to replace the nutrients lost during processing. The five enrichment nutrients are added within limits specified by the Food and Drug Administration (FDA), and include thiamin (B_1), riboflavin (B_2), niacin (B_3), folic acid, and iron. For more information, refer to the CSDE's resource, *Crediting Enriched Grains in the NSLP and SBP*.

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

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

fundraisers: Any activities conducted by any school-related or outside organization or group on school premises, during which money or its equivalent (such as coupons, tickets, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. Fundraisers also include any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result. **Note:** The Smart Snacks nutrition standards apply to purchased coupons and similar items that can be exchanged for foods and beverages. The state competitive foods regulations apply to all coupons and similar items that can be exchanged for foods and beverages, including tickets that students purchase and tickets given to students free of any charge. For more information, see "Sales to Students" and "Giving Foods and Beverages to Students" in section 2.

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

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

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

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

meals: Refer to "reimbursable meals" in this section.

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

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

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

noncompliant foods and beverages: Foods and beverages that do not comply with the Smart Snacks nutrition standards. For more information, see "Noncompliant Foods and Beverages" in section 2.

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

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

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

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

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

nutrient-rich foods: Refer to "nutrient-dense foods" in this section.

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

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

portion: Refer to "serving size" in this section.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

sugars: Refer to "added sugars" and "simple carbohydrates" in this section.

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

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

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

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

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

whole grain-rich (WGR): The WGR definition for grades K-12 in the NSLP, SBP, and SSO is different from the WGR definition for preschool meals and ASP snacks. For grades K-12, WGR products must contain at least 50 percent whole grains, any other grain ingredients must be enriched, and any noncreditable grains must be less than two percent (¼ ounce equivalent) of the product formula. For more information, refer to the CSDE's resource, *Whole Grain-rich Criteria for Grades K-12 in the NSLP and SBP,* and the CSDE's guide, *Menu Planning Guide for School Meals for Grades K-12*. For preschool meals in the NSLP, SBP, and SSO and preschool snacks in the ASP, WGR foods contain 100 percent whole grain or contain at least 50 percent whole grains and any other grain ingredients are enriched. For more information, refer to the CSDE's resource, *Whole Grain-rich Criteria for Preschoolers in the NSLP and SBP,* and the CSDE's guide, *Menu Planning Guide for Preschoolers in the NSLP and SBP*.

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