

**Complying with Healthy Food Certification (HFC)**  
**Answer Key for Module 2 Worksheet: Test Your HFC IQ**



For each situation below, indicate if the Connecticut Nutrition Standards (CNS) applies and why or why not.

<b>Source</b>	<b>Does CNS apply?</b>	<b>Why or why not?</b>
1. Reimbursable meals sold to students in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The CNS applies only to foods sold to students separately from reimbursable meals.
2. A la carte foods sold to students in the cafeteria	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The CNS applies to all a la carte foods sold to students in the cafeteria. A la carte foods are foods sold separately from reimbursable meals. Foods sold a la carte in the cafeteria are not eligible for exemptions and must always comply with the CNS.
3. Foods sold to students from vending machines	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Foods sold to students from vending machines must always comply with the CNS. The state HFC statute specifically prohibits food exemptions for vending machines.
4. Foods sold to students from school stores	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Foods sold to students from school stores must always comply with the CNS. The state HFC statute specifically prohibits food exemptions for school stores.

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<b>Source</b>	<b>Does CNS apply?</b>	<b>Why or why not?</b>
5. Foods sold to students from fundraisers on school premises sponsored by school groups, e.g., school organizations, clubs, and other activities	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Foods sold to students from fundraisers on school premises must always comply with the CNS unless the district's annual HFC Statement allows exemptions, and the food sales meet the three exemption criteria.
6. Foods sold to students from fundraisers on school premises sponsored by groups outside the school district	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	It does not matter who does the selling. Foods sold to students from fundraisers on school premises must always comply with the CNS unless the district's annual HFC Statement allows exemptions, and the food sales meet the three exemption criteria.
7. Foods sold to students from fundraisers held at locations off school premises, e.g., town hall, community center, or supermarket	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The CNS applies only to foods sold to students on school premises. Fundraisers are not required to meet the CNS if they occur at a location that is not under the school district's jurisdiction. An example is selling candy or cookies at a supermarket or store, or a town sports field, recreational facility, or community center.
8. Family and consumer sciences classes that sell foods to students	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The CNS applies to all foods sold to students separately from reimbursable meals. Foods sold from classes and instructional programs must always comply with the CNS because classes are not events and are not eligible for food exemptions.

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<b>Source</b>	<b>Does CNS apply?</b>	<b>Why or why not?</b>
9. Family and consumer sciences classes that give foods to students	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The CNS does not apply to foods that are given to students. "Giving" means that the foods are provided free of any charge, contribution, or suggested donations; and without the exchange of tickets and similar items to obtain foods. <b>Note:</b> While the CNS does not apply, if any Child Nutrition Programs are operating, the state competitive foods regulations require restrictions for giving certain foods and beverages to students. These requirements are reviewed in Module 5: Laws for Foods and Beverages in HFC Schools.
10. Culinary arts programs that sell foods to students	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Yes. The CNS applies to all foods sold to students separately from reimbursable meals. Foods sold from culinary programs must always comply with the CNS because culinary programs are not events and are not eligible for food exemptions.
11. Culinary arts programs that give foods to students	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The CNS does not apply to foods that are given to students. "Giving" means that the foods are provided free of any charge, contribution, or suggested donations; and without the exchange of tickets and similar items to obtain foods. <b>Note:</b> While the CNS does not apply, if any Child Nutrition Programs are operating, the state competitive foods regulations require restrictions for giving certain foods and beverages to students. These requirements are reviewed in Module 5: Laws for Foods and Beverages in HFC Schools.

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12. Foods sold to students from summer school programs operated on school premises by the school district	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Summer school programs operated on school premises by the board of education are part of the regular school day. Foods available for sale to students from summer school programs must always comply with the CNS. Summer school programs are not eligible for food exemptions under the state HFC statute because they do not meet the definition of an event.
13. Foods sold to students in schools that operate under an interschool agreement and choose to implement HFC	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	A school that receives meals through an interschool agreement and opts to implement HFC must follow the CNS. Foods sold to students must always comply with the CNS unless the interschool agreement allows food exemptions, and the food sales meet the three exemption criteria.
14. Fee-based programs and activities on school premises that include the cost of foods provided to students	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Foods provided to students as part of fee-based based programs and activities on school premises must always comply with the CNS. Fee-based based programs and activities are not eligible for food exemptions under the state HFC statute because they do not meet the definition of an event.
15. Foods served in the USDA's Afterschool Snack Program (ASP)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The CNS applies to all foods that are part of reimbursable ASP snacks. In addition to meeting the USDA meal pattern, foods served in ASP snacks must meet the CNS.

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<b>Source</b>	<b>Does CNS apply?</b>	<b>Why or why not?</b>
16. Adult education programs operated by the board of education on school premises	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	The CNS applies to all food sales under the control of the adult education program. The state HFC statute does not address an age limit for students, nor does it distinguish between regular and adult education programs.
17. Food sales to adults, e.g., snack vending machine in teachers' lounge	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	The CNS does not apply to foods sold to adults such as teachers, school staff, and parents. Schools may sell any foods and beverages to adults at any time, either on or off school premises.
18. Classroom parties that collect a fee to cover cost of foods provided to students during the school day	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Classroom parties that occur during the school day must always comply with the CNS because food sales during the school day are not eligible for food exemptions.
19. Classroom parties where parents donate foods provided to students	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	If parents donate the foods, the foods are being given to students. The CNS does not apply to foods that are given to students. "Giving" means that the foods are provided free of any charge, contribution, or suggested donations; and without the exchange of tickets and similar items to obtain foods. <b>Note:</b> While the CNS does not apply, if any Child Nutrition Programs are operating, the state competitive foods regulations require restrictions for giving certain foods and beverages to students. These requirements are reviewed in Module 5: Laws for Foods and Beverages in HFC Schools.

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<b>Source</b>	<b>Does CNS apply?</b>	<b>Why or why not?</b>
20. Giving students coupons or similar items that are redeemable for foods	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Giving students coupons or similar items that can be exchanged for foods is the same as selling foods to students. An example is a teacher who rewards students' good behavior by giving them a coupon that can be exchanged for ice cream. This practice is not allowed unless the foods that students can obtain with the coupons meet the CNS.
21. Meetings on school premises that sell foods to students	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Foods sold to students at meetings on school premises must always comply with the CNS. Meetings are not eligible for food exemptions under the state HFC statute because they do not meet the definition of an event.

## Complying with Healthy Food Certification (HFC)

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The Connecticut State Department of Education's (CSDE) *Complying with Healthy Food Certification* training program consists of six recorded modules that provide guidance on how to meet the HFC requirements under Section 10-215f of the Connecticut General Statutes and the related state laws for competitive foods in schools. This training program is intended for the district's HFC contact person and individuals who coordinate sales of competitive foods to students on school premises. To access the training modules, visit the "[Related Resources](#)" section of the CSDE's HFC webpage.

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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