

Complying with Healthy Food Certification (HFC)



Module 1: Introduction to Training Modules and HFC



Connecticut State Department of Education
Bureau of Child Nutrition Programs

Revised August 2024

1

Applies to

- HFC contact person
- Individuals who coordinate sales of competitive foods to students on school premises
 - School food service staff
 - Coordinators of food and beverage sales



Connecticut State Department of Education • Revised August 2024

2

Module Topics

- Goal and training objectives
- Introduction to modules
- Using the toolbar
- Overview of HFC requirements
- Overview of Connecticut Nutrition Standards (CNS)



Connecticut State Department of Education • Revised August 2024

3

Module Topics

- Goal and training objectives
- Introduction to modules
- Using the toolbar
- Overview of HFC requirements
- Overview of Connecticut Nutrition Standards (CNS)
- Resources



Connecticut State Department of Education • Revised August 2024

4

Goal and Training Objectives



Connecticut State Department of Education • Revised August 2024

5

Training Program Goal



Help schools comply with HFC requirements and related laws for competitive foods in schools

Connecticut State Department of Education • Revised August 2024

6



Competitive Foods

Foods and beverages available for sale to students on school premises **separately from reimbursable meals served through the Child Nutrition Programs**

Terms to Know

Connecticut State Department of Education • Revised August 2024

7



Child Nutrition Programs (CNPs)

The U.S. Department of Agriculture's (USDA) federally funded programs that provide nutritious meals and snacks to children

Terms to Know

Connecticut State Department of Education • Revised August 2024

8



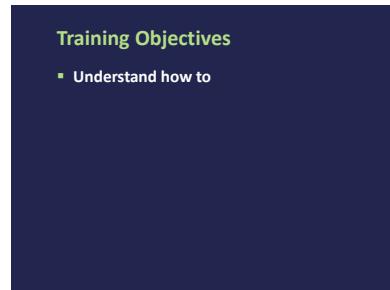
Child Nutrition Programs

- National School Lunch Program (NSLP)
- School Breakfast Program (SBP)
- Afterschool Snack Program (ASP) of NSLP
- Seamless Summer Option (SSO) of 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
- Summer Food Service Program (SFSP) operated in schools

<https://portal.ct.gov/sde/nutrition/child-nutrition-programs>

Connecticut State Department of Education • Revised August 2024

9

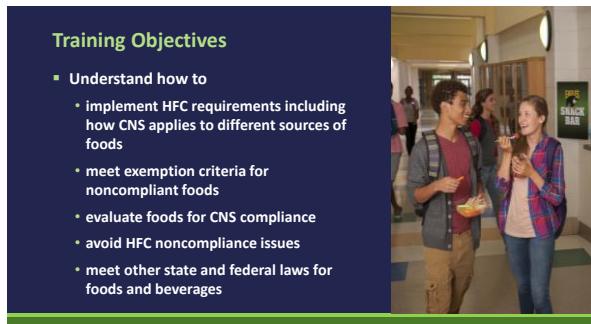


Training Objectives

- Understand how to

Connecticut State Department of Education • Revised August 2024

10



Training Objectives

- Understand how to
 - implement HFC requirements including how CNS applies to different sources of foods
 - meet exemption criteria for noncompliant foods
 - evaluate foods for CNS compliance
 - avoid HFC noncompliance issues
 - meet other state and federal laws for foods and beverages

Connecticut State Department of Education • Revised August 2024

11

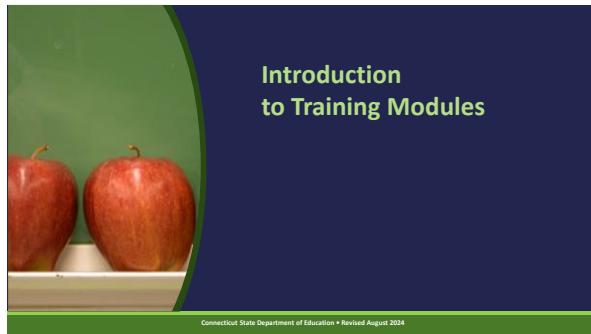


Training Objectives

- Identify resources for guidance and training

Connecticut State Department of Education • Revised August 2024

12



Introduction
to Training Modules

Connecticut State Department of Education • Revised August 2024

13



Introduction to Training Modules

- Module 1 Introduction to Training Modules and HFC
- Module 2 HFC Requirements
- Module 3 Connecticut Nutrition Standards (CNS)
- Module 4 Evaluating Foods for CNS Compliance
- Module 5 Laws for Foods and Beverages in HFC Schools
- Module 6 Fundraisers

Connecticut State Department of Education • Revised August 2024

14



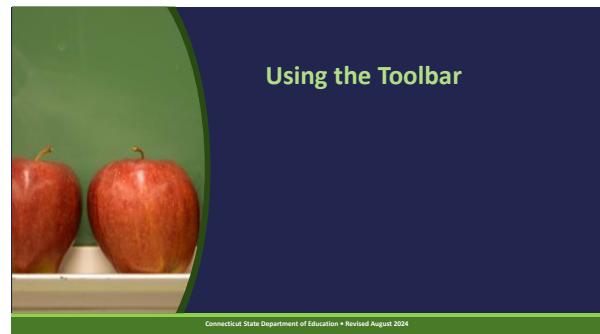
Related Resources Section

- Healthy Food Certification (HFC)
- CSDE Resource
- Related Resources Section
- HFC Requirements** (highlighted with a red arrow)
- CSDE Training Program: Complying with Healthy Food Certification
- CSDE Training Program: Complying with Healthy Food Certification (HFC)

<https://portal.ct.gov/sde/nutrition/healthy-food-certification/related-resources>

Connecticut State Department of Education • Revised August 2024

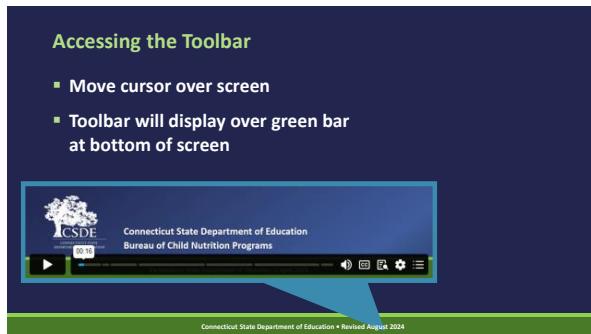
15



Using the Toolbar

Connecticut State Department of Education • Revised August 2024

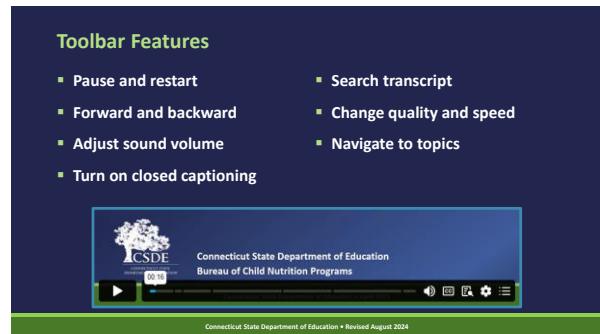
16



Accessing the Toolbar

- Move cursor over screen
- Toolbar will display over green bar at bottom of screen

17



Toolbar Features

- Pause and restart
- Forward and backward
- Adjust sound volume
- Turn on closed captioning
- Search transcript
- Change quality and speed
- Navigate to topics

18

Overview of HFC



Connecticut State Department of Education • Revised August 2024

19

Healthy Food Certification (HFC)

A state statute that requires each board of education or governing authority for all public schools participating in the NSLP to certify annually to the CSDE whether they will follow the CNS for all foods sold to students separately from reimbursable meals

Terms to Know

https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f

Connecticut State Department of Education • Revised August 2024

20

HFC Applies Only to Public Schools

- Private schools and residential child care institutions (RCCIs) are not eligible



Connecticut State Department of Education • Revised August 2024

21

HFC Applies Only to Public Schools

Connecticut Public Schools =

- All local and regional school districts
- Regional educational service centers (RESCs)
- Connecticut Technical Education and Career System (CTECS)
- Charter schools
- Interdistrict magnet schools
- Endowed academies



Connecticut State Department of Education • Revised August 2024

22

HFC Does Not Apply to Beverages

- Beverages must comply with
 - state beverage statute (C.G.S. Section 10-221q)
 - USDA's Smart Snacks nutrition standards

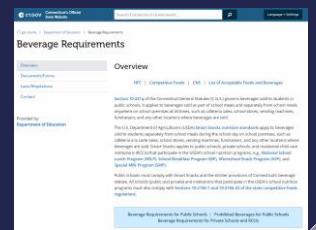


Connecticut State Department of Education • Revised August 2024

23

CSDE Webpage

Beverage Requirements



<https://portal.ct.gov/sde/nutrition/beverage-requirements>

Connecticut State Department of Education • Revised August 2024

24

HFC Requirements

- Each public school that participates in NSLP must choose (certify) whether to follow CNS each year
 - Annual HFC Statement submitted to CSDE
 - Requires vote by board of education or school governing authority (BOE)



Connecticut State Department of Education • Revised August 2024

HFC Requirements

- Must comply with CNS
- Apply to all schools in district
- Additional state funding



https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215b

Connecticut State Department of Education • Revised August 2024

25

26

Annual HFC Statement Addendum to Agreement for Child Nutrition Programs (ED-099)

- Completed in CSDE's Online Application and Claiming System for Child Nutrition Programs (CNP System)
- Includes BOE minutes with votes for HFC participation and food exemptions



Connecticut State Department of Education • Revised August 2024

27

Annual HFC Statement Addendum to Agreement for Child Nutrition Programs (ED-099)

- Certification period July 1 through June 30
- Submission deadline July 1



Connecticut State Department of Education • Revised August 2024

28

How to Apply for HFC

- Visit "Apply" section of CSDE's HFC webpage
 - Review and follow steps in CSDE's annual operational memorandum
 - Watch CSDE's training module: Completing the Application Process for HFC



<https://portal.ct.gov/sde/nutrition/healthy-food-certification/apply>

Connecticut State Department of Education • Revised August 2024

29

Overview of CNS



Connecticut State Department of Education • Revised August 2024

30



Connecticut Nutrition Standards (CNS)

State nutrition standards developed by CSDE that apply to all foods sold to students separately from reimbursable meals in HFC schools

Terms to Know

https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e

Connecticut State Department of Education • Revised August 2024

31

Overview of CNS

- Required for public schools that choose healthy food option of HFC
- Based on current nutrition science and national health recommendations
- Promotes healthier choices for students in schools



Connecticut State Department of Education • Revised August 2024

32

CNS Applies to

- All foods available for sale to students separately from reimbursable meals from all sources on school premises *
- All foods served in USDA's Afterschool Snack Program (ASP) *

* Commercial products and foods made from scratch

Connecticut State Department of Education • Revised August 2024

33

CNS Requirements

Nutrient Limits

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

Some exemptions for specific nutrient-rich foods

Prohibited Ingredients

- Nonnutritive sweeteners and sugar alcohols
- Chemically altered fat substitutes
- Caffeine
- Significant fortification
- Nutrition supplements

Connecticut State Department of Education • Revised August 2024

34

To Comply with CNS a Food Must Meet

1. General Standards
2. Nutrient Standards

Connecticut State Department of Education • Revised August 2024

35

To Comply with CNS

General Standards

- Must meet at least 1 general standard
- 1. Whole grain-rich (WGR)
- 2. Food group is first ingredient
- 3. Combination food with $\geq \frac{1}{4}$ cup of fruit or vegetable

Nutrient Standards

- Serving with any accompaniments must meet all nutrient standards for applicable CNS category
 - Nutrient limits
 - Prohibited ingredients

Connecticut State Department of Education • Revised August 2024

36

Complying with Healthy Food Certification (HFC)

Module 1: Introduction to Training Modules and HFC

Revised August 2024



37

<https://portal.ct.gov/sde/nutrition/healthy-food-certification>

38

<https://portal.ct.gov/sde/nutrition/healthy-food-certification>

39

<https://portal.ct.gov/sde/nutrition/connecticut-nutrition-standards>

40

https://portal.ct.gov/-/media/sde/nutrition/hfc/requirements_competitive_foods_hfc.pdf

41

https://portal.ct.gov/-/media/sde/nutrition/hfc/questions_answers_connecticut_statutes_school_foods_beverages.pdf

42

CSDE Resource

Responsibilities of District Contact Person for Healthy Food Certification



https://portal.ct.gov/-/media/sde/nutrition/hfc/hfc_district_contact_responsibilities.pdf

Connecticut State Department of Education • Revised August 2024

43

CSDE Resource

Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools



https://portal.ct.gov/-/media/sde/nutrition/comfoods/resources_federal_state_requirements_competitive_foods.pdf

Connecticut State Department of Education • Revised August 2024

44

CSDE Webpage

List of Acceptable Foods and Beverages Webpage



<https://portal.ct.gov/sde/nutrition/list-of-acceptable-foods-and-beverages>

Connecticut State Department of Education • Revised August 2024

45

Questions?



▪ Contact CSDE's HFC coordinator or school nutrition programs staff



<https://portal.ct.gov/sde/nutrition/healthy-food-certification/contact>
<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countryassign.pdf>

Connecticut State Department of Education • Revised August 2024

46

Thank you for participating!



<https://portal.ct.gov/sde/nutrition/healthy-food-certification/related-resources>

Connecticut State Department of Education • Revised August 2024

47

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a detailed description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.

Connecticut State Department of Education • Revised August 2024

48

CSDE Nondiscrimination Statement

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, educational program, or educational activity on the basis of race, color, religion, creed, age, sex, pregnancy, sexual orientation, workplace hazards to reproductive systems, gender identity or expression, marital status, national origin, ancestry, retaliation for previously opposed discrimination or coercion, intellectual disability, genetic information, learning disability, physical disability (including, but not limited to, temporary or permanent disability (not just functional limitation), military or veteran status, status as a victim of domestic violence, or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State

protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

Connecticut State Department of Education • Revised August 2024