

Requirements for Foods and Beverages in Culinary Programs in Private Schools and Residential Child Care Institutions

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from culinary programs in Connecticut 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).

For guidance on how the state and federal requirements apply to different sources of foods and beverages in private schools and RCCIs, refer to the Connecticut State Department of Education’s (CSDE) resources, *Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions* and *Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions*. The CSDE’s *Guide to Competitive Foods in Private Schools and Residential Child Care Institutions* provides detailed guidance on the requirements for competitive foods in non-HFC public schools. For more information, visit the CSDE’s [Competitive Foods in Schools](#) webpage.



Overview of Federal and State Requirements

All foods and beverages available for sale to students from culinary programs on school premises in private schools and RCCIs must comply with the USDA’s Smart Snacks nutrition standards (81 FR 50131). Culinary programs must also comply with the following federal and state requirements:

- Connecticut’s state competitive foods regulations ([Sections 10-215b-1 and 10-215b-23 of Regulations of Connecticut State Agencies](#)); and
- the local educational agency’s (LEA) school wellness policy, as required by the USDA’s school wellness policy legislation ([Section 4 of Public Law 108-265](#) and the [Healthy, Hunger-Free Kids Act of 2010](#)).

These federal and state requirements determine what and when foods and beverages can be sold or given to students from culinary programs in private schools and RCCIs. They also address the accrual of income from sales of foods and beverages.

- “Sales” means the exchange of a determined amount of money (including the purchase of tickets, coupons, 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. Under Connecticut’s statutes and regulations for competitive foods, sales

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include tickets and similar items that are given to students (such as food rewards) and can be exchanged for certain foods and beverages. However, Smart Snacks does not apply to foods and beverages that can be obtained with tickets and similar items that are given to students.

- “Giving” means that foods and beverages are provided free of any charge, contribution, or suggested donations; and without the exchange of tickets, coupons, tokens, and similar items to obtain foods and beverages.
- “School premises” include all areas of the property under the jurisdiction of the school governing authority.



The Smart Snacks nutrition 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 sold to adults; or foods and beverages sold to students after the school day.

When the Requirements Apply

When the federal and state requirements differ, the stricter 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. Some requirements apply during the school day, while others apply at all times or while Child Nutrition Programs (CNPs) are operating.

- 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 from midnight to 3:30 p.m. A summer school program operated by the school governing authority is part of the regular school day.
- The CNPs include the [NSLP](#), [School Breakfast Program \(SBP\)](#), [Afterschool Snack Program \(ASP\)](#) of the NSLP, [Seamless Summer Option \(SSO\)](#) of the NSLP, [Special Milk Program \(SMP\)](#), [Fresh Fruit and Vegetable Program \(FFVP\)](#), [Child and Adult Care Food Program \(CACFP\)](#) [At-risk Afterschool Meals](#) operated in schools, and [Summer Food Service Program \(SFSP\)](#) operated in schools. **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. RCCIs may be eligible to serve At-risk Afterschool Meals

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if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.

Table 1 summarizes when the federal and state requirements apply to culinary programs in private schools and RCCIs, which foods and beverages they regulate, and whether they apply to selling or giving foods and beverages to students.

Table 1. Summary of requirements for culinary programs in private schools and RCCIs				
Requirement	Applies to	When applies	Restricts	
			Selling	Giving
Smart Snacks (81 FR 50131)	All foods and beverages available for sale to students from culinary programs on school premises during the school day, separately from reimbursable meals and snacks through the CNPs (refer to “Allowable Foods and Beverages” in this document). ¹	During the school day.	Yes	No
Section 10-215b-1 of the state competitive foods regulations	Selling and giving candy, coffee, tea, and soft drinks to students from culinary programs on school premises while any CNPs are operating (refer to “Section 10-215b-1: Restrictions for candy, coffee, tea, and soft drinks” in this document). ²	From 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.	Yes	Yes
Section 10-215b-23 of the state competitive foods regulations	Accrual of income from all sales of foods and beverages to students from culinary programs on school premises while any CNPs are operating (refer to “Section 10-215b-23: Accrual of income” in this document). ²	From 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day.	Yes	No

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**Table 1. Summary of requirements for culinary programs
in private schools and RCCIs, *continued***

Requirement	Applies to	When applies	Restricts	
			Selling	Giving
School Wellness Policy (Section 4 of Public Law 108-265 and the Healthy, Hunger-Free Kids Act (HHFKA) of 2010)	Selling and giving foods and beverages to students from culinary programs on school premises (refer to “ USDA School Wellness Policy Requirements ” in this document). ³	During the school day.	Yes	Yes
<p>¹ Smart Snacks does 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. However, the state competitive foods regulations supersede Smart Snacks because they apply to all foods and beverages, regardless of when students will consume them.</p> <p>² The state statutes and competitive foods regulations apply to all foods and beverages, regardless of when students will consume them. 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.</p> <p>³ The LEA’s school wellness policy must include locally determined 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 document).</p>				

Allowable Foods and Beverages

All commercial food products and foods made from scratch available for sale to students from culinary programs during the school day must comply with Smart Snacks. For information on the specific Smart Snacks requirements, refer to the CSDE’s resource, [Summary of Smart Snacks Nutrition Standards](#), and visit the CSDE’s [Smart Snacks Nutrition Standards](#) webpage.

Smart Snacks applies 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

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pancakes with butter and syrup), the nutrition information for the **food and accompaniments** must be added together to review the serving for Smart Snacks compliance.

This requirement also applies to the two additional categories of “flavored and/or carbonated beverages” allowed only for **high school students**. Beverages in these categories must meet specific 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.”

Commercial products

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

Foods made from scratch

The serving of a recipe (including any added accompaniments) must meet each nutrition standard for the applicable Smart Snacks food category. Culinary programs must complete the two steps below to provide documentation of each recipe’s Smart Snacks compliance **before** selling these foods to students. Maintain this information on file for the CSDE’s 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 indicating the calories, fat, saturated fat, trans fat, sodium, and sugars per serving. The USDA defines a standardized recipe as one that 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.

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- If the recipe does not include nutrition information or is missing nutrients, the culinary program must conduct a nutrient analysis to determine the recipe's nutrition information per serving. The nutrient analysis can be conducted using 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 Smart Snacks.* Compare the recipe's nutrition information per serving from step 1 (including any added accompaniments) with the required Smart Snacks nutrition standards.

Culinary programs must complete these documentation requirements for all foods made from scratch. Foods made from scratch include the two food 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 salt and fat (e.g., oil, margarine, or butter); cooked vegetables with added salt and fat (e.g., oil, margarine, or butter); salad with dressing; fruit smoothies; and baked goods such as muffins and cookies.
- **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 culinary program 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 for Smart Snacks compliance, review section 1 of the CSDE's [Guide to Competitive Foods in Private Schools and Residential Child Care Institutions](#).

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Allowable Sales of Noncompliant Foods and Beverages

Culinary programs may sell noncompliant foods and beverages to adults at any time (either on or off school premises) and to students off school premises. Culinary programs may sell noncompliant foods and beverages to students on school premises **after** the school day. For example, if school ends at 3:00 p.m., noncompliant foods may be sold to students anytime from 3:31 p.m. through 11:59 p.m. However, if the sales occur while any CNPs are operating, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies require additional restrictions (refer to “[State Competitive Foods Regulations](#)” in this document).

State Competitive Foods Regulations

Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies restrict candy, coffee, tea, and soft drinks; and the accrual of income from all foods and beverages sold to students anywhere on school premises. In addition to selling and giving foods and beverage to students from culinary programs, these restrictions apply to:

- tickets, coupons, tokens, and similar items that students can exchange for foods and beverages in culinary programs (including tickets and similar items that are sold or given to students);
- student orders for foods and beverages from culinary programs; and
- distribution of foods and beverages to students from culinary programs.

Sections 10-215b-1 and 10-215b-23 apply regardless of when students will consume the foods and beverages.

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

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.

- “Candy” includes all types of regular and sugar-free varieties, such as chocolates, chocolate-covered nuts and fruits, hard candies, jelly candies (e.g., gumdrops and gummies), 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, nonnutritive sweeteners, and

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sugar alcohols) and may also contain other ingredients such as edible acids, natural or artificial flavors and colors, and added nutrients. Examples 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.

Depending on when CNPs operate, Smart Snacks may supersede Section 10-215b-1, or Section 10-215b-1 may supersede Smart Snacks. These requirements are summarized below.

- **Selling candy to all grades:** Smart Snacks prohibits selling candy to students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling 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., culinary programs cannot sell candy to students on school premises from 3:00 p.m. to 5:00 p.m.
- **Selling coffee, tea, and soft drinks in elementary and middle schools:** Smart Snacks prohibits sales of coffee, tea, and soft drinks to elementary and middle school students on school premises during the school day. In addition, Section 10-215b-1 prohibits selling 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 example, if the ASP operates from 3:30 p.m. to 4:30 p.m., culinary programs cannot sell coffee, tea, and soft drinks to students anywhere on school premises from 3:00 p.m. to 5:00 p.m.
- **Selling coffee, tea, and soft drinks in high schools:** Smart Snacks allows sales of coffee, tea, and soft drinks to high school students during the school day, 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. However, Section 10-215b-1 prohibits selling 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 example, if the SBP operates from 7:00 a.m. to 7:30 a.m. and the NSLP operates from 11:30 a.m. to 1:00 p.m., culinary programs cannot sell coffee, tea, and soft drinks to students on school premises from 6:30 a.m. to 8:00 a.m. or 11:00 a.m. to 1:30 p.m.

Note: Culinary programs must evaluate beverages for compliance with the Smart Snacks beverage category of “flavored and/or carbonated beverages” based on the amount **as served**, including any added accompaniments such as milk, cream, sugar, and honey.

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Examples include coffee with milk and sugar, and tea with milk and honey. For information on the category of “flavored and/or carbonated beverages” for high schools, refer to the CSDE’s resource, [Summary of Smart Snacks Nutrition Standards](#).

- **Giving candy, coffee, tea, and soft drinks to all grades:** Smart Snacks does not apply when foods and beverages are given to students. However, Section 10-215b-1 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 example, if the SBP operates from 7:00 a.m. to 8:00 a.m., the NSLP operates from 11:30 a.m. to 1:00 p.m., and the ASP operates from 3:30 p.m. to 4:30 p.m., culinary programs cannot give candy, coffee, tea, and soft drinks to students on school premises from 6:30 a.m. to 8:30 a.m., 11:00 a.m. to 1:30 p.m., and 3:00 p.m. to 5:00 p.m. Examples include:
 - culinary programs that dispense candy, coffee, tea, and soft drinks to students; and
 - culinary programs where students can exchange coupons, tickets, tokens and similar items for candy, coffee, tea, and soft drinks.

The CSDE strongly encourages private schools and RCCIs to promote consistent health messages to students by eliminating candy, coffee, tea, and soft drinks on school premises. For more information, refer to the CSDE’s resources, [Healthy Fundraising](#), [Healthy Celebrations](#), and [Alternatives to Food Rewards](#).



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Section 10-215b-23: Accrual of income

Section 10-215b-23 of the state competitive foods regulations requires that the gross 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. The nonprofit food service account is the restricted revenue account used only for the operation or improvement of the nonprofit school food service.

All culinary program sales of foods and beverages to students on school premises during this time must comply with this regulation, including:

- sales of foods and beverages that comply with Smart Snacks;
- student orders for foods and beverages from culinary programs; and
- sales of tickets, coupons, tokens, and similar items that students can exchange for foods and beverages in culinary programs.



For example, if the SBP operates from 7:00 a.m. to 8:00 a.m., the NSLP operates from 11:30 a.m. to 1:00 p.m., and the ASP operates from 3:30 p.m. to 4:30 p.m., the nonprofit food service account must receive the culinary program's income from all foods and beverages sold to students on school premises from 6:30 a.m. to 8:30 a.m., 11:00 a.m. to 1:30 p.m., and 3:00 p.m. to 5:00 p.m. For more information on the competitive foods regulations, refer to the CSDE's resources, [Overview of Connecticut's Competitive Foods Regulations](#) and [Operational Memorandum No. 1-18: Accrual of Income from Sales of Competitive Foods in Schools](#).

USDA School Wellness Policy Requirements

The LEA's school wellness policy may have additional local requirements for selling and giving foods and beverages to students. 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 SWP law by adding requirements for public participation, transparency, and implementation.

Among other requirements, the LEA's school wellness policy must include nutrition guidelines for all foods and beverages that are sold or given to students on school premises during the school day. At a minimum, the LEA's school wellness policy for foods and beverages must meet all applicable

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federal and state nutrition standards and requirements. For more information on school wellness policies, visit the CSDE's [School Wellness Policies](#) webpage.

Resources

A Guide to Smart Snacks in School (USDA):

https://fns-prod.azureedge.net/sites/default/files/tn/508_USDASmartSnacks_508_82218.pdf

Beverage Requirements (CSDE webpage):

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

Competitive Foods in Schools (CSDE webpage)

<https://portal.ct.gov/SDE/Nutrition/Competitive-Foods>

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>

Final Rule: National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS of 2010 (81 FR 50131).

<https://www.fns.usda.gov/school-meals/fr-072916d>

Fundraisers and Smart Snacks: Foods Not Intended for Consumption at School (USDA):

<https://fns-prod.azureedge.net/sites/default/files/cn/fundraisersfactsheet.pdf>

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

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

List of Acceptable Foods and Beverages (CSDE webpage):

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

Overview of Connecticut's 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

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Requirements for Competitive Foods in Private Schools and Residential Child Care Institutions (CSDE):

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

Requirements for Foods and Beverages in Vending Machines in Private Schools and Residential Child Care Institutions (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Vending_Machine_Requirements_Private_RCCI.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

Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies:

https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215b/

Smart Snacks Product Calculator (Alliance for a Healthier Generation):

<https://foodplanner.healthiergeneration.org/>

Smart Snacks Nutrition Standards (CSDE webpage):

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

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/Summary_Chart_Requirements_Competitive_Foods_Private_RCCI.pdf

Summary of Smart Snacks Nutrition Standards (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary_Smart_Snacks_Nutrition_Standards.pdf

USDA Memo SP 40-2014: Smart Snacks Nutrition Standards and Culinary Education Programs:

<https://www.fns.usda.gov/smart-snacks-nutrition-standards-and-culinary-education-programs>

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For more information, visit the CSDE's [Competitive Foods in Schools](#) and [Smart Snacks Nutrition Standards](#) webpages or contact the [school nutrition programs staff](#) at the Connecticut State Department of Education, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Culinary_Programs_Requirements_Private_RCCI.pdf.

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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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