

Water and juice beverages must comply with Section 10-221q of the Connecticut General Statutes (C.G.S) and the USDA Smart Snacks nutrition standards for competitive foods. Water and juice beverages must contain some portion of 100 percent juice mixed with water (with or without carbonation), and cannot contain any added sugars, sweeteners, or artificial sweeteners. They must also meet additional requirements, which are summarized in *Requirements for Beverages Containing Water and Juice* (<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/WaterJuiceBev.pdf>). These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f.

This list includes products that comply with STATE AND FEDERAL requirements. Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/SubmitProduct.pdf>).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/VendorContact.pdf>).

For additional information on complying with the state beverage statute, see the CSDE's handouts, *Allowable Beverages in Connecticut Public Schools* (<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/AllowableBeverages.pdf>) and *Questions and Answers on Connecticut Statutes for School Food and Beverages* (<https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CTStatutesQA.pdf>), and the CSDE's Beverages webpage (<https://portal.ct.gov/SDE/Nutrition/Beverage-Requirements/Documents>).

BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE (with or without carbonation)

STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE (G.C.S. Section 10-221q and USDA Smart Snacks)

ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| | | | STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE (G.C.S. Section 10-221q and USDA Smart Snacks) | | | | | | | | | | | | | | | | | | | | |
|--------------|--|-------------------------|---|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-------|------|------|------|------|---------------|---------------|---------------|---|--------------|---|----------------|
| | | | | | | | | | | | | | | | | | | | | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | | |
| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | ≤100% | ≤10% | ≤10% | ≤10% | ≤10% | Standard Met? | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review |
| Apple & Eve | Cool Waters, Cherry, 15% juice, 6.75 Fl oz | 6.8 fl oz | 15 | 0 | 0% | 0 | 0% | 0 | 5 | 0 | 3 | yes | yes | yes | yes | yes | yes | yes | yes | X | HFC Thurston | Item 83008CB; UPC 0-76301-83008-0; Case (5/8pack) UPC 100-76301-83008-7. Does not meet meal pattern requirements for 100% juice. | 3/1/19 |

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ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | No added sugars | Vitamin C ≤100% | Calcium ≤10% | Potassium ≤10% | vitamin D ≤10% | Fiber ≤10% | No other fortification | No nutrition supplements | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | Standard Met? | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review |
|--------------|--|-------------------------|----------|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-----------------|-----------------|--------------|----------------|----------------|------------|------------------------|--------------------------|---|-------------|---------------|---------------|---------------|---|---|----------|----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Apple & Eve | Cool Waters, Strawberry, 15% juice, 6.75 Fl oz | 6.8 fl oz | 15 | 0 | 0% | 0 | 0% | 0 | 5 | 0 | 3 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | HFC Thurston | Item 83007CB; UPC 0-76301-83007-3; Case (5/8pack) UPC 100-76301-83007-0. Does not meet meal pattern requirements for 100% juice. | 3/1/19 | |
| Apple & Eve | Cool Waters, Tropical Punch, 20% juice, 6.75 Fl oz | 6.8 fl oz | 20 | 0 | 0% | 0 | 0% | 0 | 5 | 0 | 4 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | HFC Thurston | Item 83009CB; UPC 0-76301-83009-7; Case (5/8pack) UPC 100-76301-83009-4. Does not meet meal pattern requirements for 100% juice. | 3/1/19 | |
| Campbell's | V8 Sweet Greens (75% Juice and 25% water), 12 fl oz plastic bottle | 12 fl oz | 120 | 0 | 0% | 0 | 0% | 0 | 100 | 1 | 23 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | HPC, GFS/Perkins, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 24768; UPC 0-51000-24768-1; Case (12 count) UPC 100-51000-24768-8. Does not meet meal pattern requirements for 100% juice. | 12/28/18 | |

BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE (with or without carbonation)

STATE AND FEDERAL REQUIREMENTS FOR BEVERAGES CONTAINING ONLY WATER AND JUICE (G.C.S. Section 10-221q and USDA Smart Snacks)

ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | No added sugars | Vitamin C ≤100% | Calcium ≤10% | Potassium ≤10% | vitamin D ≤10% | Fiber ≤10% | No other fortification | No nutrition supplements | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | Standard Met? | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review |
|------------------|--|-------------------------|----------|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-----------------|-----------------|--------------|----------------|----------------|------------|------------------------|--------------------------|---|-------------|---------------|---------------|---|---|----------|-------|----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Campbell's | V8 Veggie Blends Lower Sugar Carrot (75% Juice and 25% water), 8 fl oz serving (from bulk container) | 8 fl oz | 60 | 0 | 0% | 0 | 0% | 0 | 110 | 1 | 10 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | HPC, GFS/Perkins, PFG Springfield, Sysco CT, Thurston Foods, US Foods New England | Code 21797 (6/46 oz); UPC 0-51000-21797-4; Case UPC 100-05100-21797-1. Does not meet meal pattern requirements for 100% juice. | 12/28/18 | | |
| Campbell's | V8 Veggie Blends Lower Sugar Healthy Greens, 75% Juice, 8 fl oz serving (from bulk 46 fl oz container) | 8 fl oz | 60 | 0 | 0% | 0 | 0% | 0 | 200 | 0 | 11 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | | Code 21738 (6/46 oz); UPC 0-51000-21738-7; Case (6 count) UPC 10-05100-02173-84. Bulk item: Approval applies to one 8-fluid ounce serving. Does not meet meal pattern requirements for 100% juice. | 11/14/19 | | |
| Honest Tea, Inc. | Honest Organic Juice Drink (43% juice), Fruit Punch, 10 fl oz plastic bottle | 10 fl oz | 70 | 0 | 0% | 0 | 0% | 0 | 25 | 0 | 15 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Coca-Cola of Northern New England; Liberty Coke | UPC 6-57622-52912-1; Case (24 count) UPC 6-57622-52913-8. Does not meet meal pattern requirements for 100% juice. | 5/25/18 | | |

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ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | No added sugars | Vitamin C ≤100% | Calcium ≤10% | Potassium ≤10% | vitamin D ≤10% | Fiber ≤10% | No other fortification | No nutrition supplements | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | Vendor | Notes | Date of Review |
|--------------|---|-------------------------|----------|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-----------------|-----------------|--------------|----------------|----------------|------------|------------------------|--------------------------|---|-------------|----------|--|----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | |
| Izze | Izze Sparkling Juice Beverage, Cherry Lime (70% juice), 8.4 fl oz can | 8.4 fl oz | 90 | 0 | 0% | 0 | 0% | 0 | 25 | 0 | 20 | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Thurston | UPC 8-36093-01085-1; Case (24 count) UPC 008-36093-01084-4. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply. | 2/27/19 |
| Izze | Izze Sparkling Juice Blackberry (70% juice), 12 fl oz can | 12 fl oz | 130 | 0 | 0% | 0 | 0% | 0 | 25 | 0 | 29 | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | | UPC 8-36093-40118-5; Case UPC 108-36093-40118-2. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply. | 4/28/16 |

BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE (with or without carbonation)

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ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | No added sugars | Vitamin C ≤100% | Calcium ≤10% | Potassium ≤10% | vitamin D ≤10% | Fiber ≤10% | No other fortification | No nutrition supplements | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | Standard Met? | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review |
|--------------------|--|-------------------------|----------|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-----------------|-----------------|--------------|----------------|----------------|------------|------------------------|--------------------------|---|-------------|---------------|---------------|---------------|---------------|----------|---|----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Izze | Izze Sparkling Juice Clementine (70% juice), 12 fl oz can | 12 fl oz | 120 | 0 | 0% | 0 | 0% | 0 | 25 | 0 | 27 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | | UPC 8-36093-40117-8; Case UPC 008-36093-40117-5. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply. | 4/28/16 |
| Izze | Izze Sparkling Juice Peach (70% juice), 8.4 fl oz can | 8.4 fl oz | 90 | 0 | 0% | 0 | 0% | 0 | 15 | 0 | 21 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Thurston | UPC 0-836093-01052-3; Case (24 count) UPC 108-36093-01052-0. Does not meet meal pattern requirements for 100% juice. NOTE: Be sure to purchase products with this exact UPC code. Some Izze products look similar but do not comply. | 2/3/17 |
| Litl' Squirts, LLC | Litl' Squirts Blueberry Apple Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle | 8 fl oz | 70 | 0 | 0% | 0 | 0% | 0 | 5 | 0 | 16 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Costa | Code LSBA8; UPC 8-51968-00410-0. Does not meet meal pattern requirements for 100% juice. | 9/15/15 |

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ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | No added sugars | Vitamin C ≤100% | Calcium ≤10% | Potassium ≤10% | vitamin D ≤10% | Fiber ≤10% | No other fortification | No nutrition supplements | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | Standard Met? | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review |
|----------------------|---|-------------------------|----------|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-----------------|-----------------|--------------|----------------|----------------|------------|------------------------|--------------------------|---|-------------|---------------|---------------|---------------------------|--|---------|-------|----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Litl' Squirts, LLC | Litl' Squirts Blueberry Lemonade Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle | 8 fl oz | 70 | 0 | 0% | 0 | 0% | 0 | 10 | 0 | 16 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Costa | Code LSBL8; UPC 8-51968-00412-4. Does not meet meal pattern requirements for 100% juice. | 9/15/15 | | |
| Litl' Squirts, LLC | Litl' Squirts Cranberry Orange Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle | 8 fl oz | 70 | 0 | 0% | 0 | 0% | 0 | 10 | 0 | 16 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Costa | Code LSCO8; UPC 8-51968-00413-1. Does not meet meal pattern requirements for 100% juice. | 9/15/15 | | |
| Litl' Squirts, LLC | Litl' Squirts Raspberry Apple Natural Maine Spring Water (51% juice), 8 fl oz plastic bottle | 8 fl oz | 70 | 0 | 0% | 0 | 0% | 0 | 10 | 0 | 15 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | Costa | Code LSRA8; UPC 8-51968-00411-7. Does not meet meal pattern requirements for 100% juice. | 9/15/15 | | |
| Planet Fuel Beverage | Organic Juice and Water, Apple Grape (71% juice), 10 fl oz can | 10 fl oz | 100 | 0 | 0% | 0 | 0% | 0 | 15 | 0 | 24 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | M&R, Planet Fuel Beverage | UPC 8 -53316-00212-7; Four-pack UPC 8 -53316-00215-8. Does not meet meal pattern requirements for 100% juice. | 3/22/17 | | |

BEVERAGES CONTAINING ONLY WATER WITH 100% JUICE (with or without carbonation)

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ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

| Manufacturer | Beverage Item | Package or Serving Size | Calories | Fat (g) | % Calories from Fat | Saturated Fat (g) | % Calories from Saturated Fat | Trans Fat (g) | Sodium (mg) | Fiber (g) | Total Sugars (g) | No added sugars | Vitamin C ≤100% | Calcium ≤10% | Potassium ≤10% | vitamin D ≤10% | Fiber ≤10% | No other fortification | No nutrition supplements | No artificial sweeteners, nonnutritive sweeteners or sugar alcohols | No caffeine | Standard Met? | Standard Met? | Standard Met? | Standard Met? | Vendor | Notes | Date of Review |
|---|--|-------------------------|----------|---------|---------------------|-------------------|-------------------------------|---------------|-------------|-----------|------------------|-----------------|-----------------|--------------|----------------|----------------|------------|------------------------|--------------------------|---|-------------|---------------|---------------|---------------|---------------------------|--|---------|----------------|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Planet Fuel Beverage | Organic Juice and Water, Mango Pear Lime (53% juice), 10 fl oz can | 10 fl oz | 85 | 0 | 0% | 0 | 0% | 0 | 5 | 0 | 18 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | M&R, Planet Fuel Beverage | UPC 8 -53316-00214-1; Four-pack UPC 8 -53316-00217-2. Does not meet meal pattern requirements for 100% juice. | 3/22/17 | |
| Smartwell Dispenser (Charles Boggini Company and Secor Water LLC) | VODA Still Water with 100% Monk Fruit Juice (2% juice) and Natural Flavor (may contain any one of the following natural flavors: Raspberry, Strawberry, Lime, Lemon, Acai, Orange, Blueberry, Pomegranate, Cucumber, Watermelon, Grape, Mixed Berry, Melon, 16 fl oz | 16 fl oz | 0 | 0 | 0% | 0 | 0% | 0 | 0 | 0 | 0 | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | yes | X | | Bulk water dispensing system. Does not meet meal pattern requirements for 100% juice. | 2/22/17 | |