

Resource List for Competitive Foods in Schools

This document contains websites and online resources related to competitive foods in schools. Competitive foods are all foods and beverages available for sale to students on school premises, separately from reimbursable meals served through the U.S. Department of Agriculture’s (USDA) [Child Nutrition Programs](#). Examples of sources of competitive foods include cafeteria a la carte sales, vending machines, school stores, fundraisers, and culinary programs.

Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For resources on school wellness policies, see the CSDE’s document, [Resource List for Wellness Policies in Schools and Child Care](#). For additional resource lists related to the nutrition and the Child Nutrition Programs, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



Contents

- [Connecticut Guidance and Requirements](#)..... 2
- [Connecticut Nutrition Standards](#)..... 3
- [Data and Trends](#)..... 3
- [Financial Impact of Healthy Foods](#)..... 4
- [Healthy Food Certification](#)..... 5
- [School Culinary Programs](#) 5
- [School Fundraisers](#)..... 6
- [School Stores](#) 7
- [School Vending Machines](#) 7
- [USDA’s Smart Snacks Nutrition Standards](#)..... 8

Quick search tips: Click on the blue titles above to go directly to each section. Search for key words using the “Find” option in the PDF toolbar, or go to “Edit” then “Find.”

Resource List for Competitive Foods in Schools

Connecticut Guidance and Requirements

Allowable Beverages in Connecticut Public Schools (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/AllowableBeverages.pdf>

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

Beverage Requirements for Connecticut Public Schools (PowerPoint Presentation) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/BeveragesPresentation.pdf>

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

Connecticut Competitive Foods Regulations:

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CTCompFoodRegulation.pdf>

Guide to Competitive Foods in HFC Public Schools (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsGuideHFC.pdf>

Guide to Competitive Foods in Non-HFC Public Schools (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsGuideNonHFC.pdf>

Guide to Competitive Foods in Private Schools and Residential Child Care Institutions (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CompetitiveFoodsPrivateRCCI.pdf>

Requirements for Competitive Foods in Non-HFC Public Schools (CSDE):

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

Requirements for Competitive Foods in Private Schools and RCCIs (CSDE):

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

Resources for Healthy Foods and Beverages in Schools (CSDE):

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

Section 10-215b-1 of the Regulations of Connecticut State Agencies: Competitive foods:

https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215bSection_10-215b-1/

Section 10-215b-23 of the Regulations of Connecticut State Agencies: Accrual of income:

https://eregulations.ct.gov/eRegsPortal/Browse/RCSA/Title_10Subtitle_10-215bSection_10-215b-23/

Summary Chart: Federal and State Requirements for Competitive Foods in Non-HFC Public Schools (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartNonHFC.pdf>

Summary Chart: Federal and State Requirements for Competitive Foods in Private Schools and RCCIs (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartPrivateRCCI.pdf>

Resource List for Competitive Foods in Schools

Connecticut Nutrition Standards

Public school districts that choose to implement the healthy food option under [Healthy Food Certification](#) (Section 10-215f of the Connecticut General Statutes) must follow the [Connecticut Nutrition Standards](#) for all foods sold to students separately from reimbursable school meals, at all times and from all sources on school premises, including, but not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers, culinary programs, and any other sources of food sales to students.

Comparison of the U.S. Department of Agriculture's (USDA) Competitive Foods Standards and the Connecticut Nutrition Standards (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/CNSComparisonChart.pdf>

Connecticut Nutrition Standards (CSDE):

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

Evaluating Foods for Compliance (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To>

Guidance on Evaluating Recipes for Compliance with the CNS (CSDE):

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

How to Evaluate Foods Made from Scratch for Compliance with the CNS:

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

How to Evaluate Purchased Foods for Compliance with the CNS:

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

List of Acceptable Foods and Beverages (CSDE):

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

Data and Trends

Competitive Foods and Beverages in U.S. Schools: A State Policy Analysis (CDC):

<https://www.cdc.gov/healthyschools/nutrition/pdf/compfoodsbooklet.pdf>

Health Impact Assessment: National Nutrition Standards for Snack and a la Carte Foods and Beverages Sold in Schools (Robert Wood Johnson Foundation and The PEW Charitable Trusts): <https://www.pewtrusts.org/en/research-and-analysis/reports/0001/01/01/health-impact-assessment-national-nutrition-standards-for-snack-and-a-la-carte-foods-and-beverages-sold-in-schools>

Impact of Competitive Foods in Public Schools on Child Nutrition: Effects on Adolescent Obesity in the United States: An Integrative Systematic Literature Review (Global Health Action) (National Institutes of Health, National Library of Medicine):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5998782/>

Resource List for Competitive Foods in Schools

School Foods Sold Outside of Meals (Competitive Foods): A Research Brief (Robert Wood Johnson Foundation): <https://childnutrition.ncpublicschools.gov/information-resources/competitive-foods/research-brief.pdf>

State and National School Snack Policies: How they compare (The PEW Charitable Trusts): <https://www.pewtrusts.org/en/research-and-analysis/fact-sheets/2015/01/state-and-national-school-snack-policies>

Financial Impact of Healthy Foods

Arizona Healthy School Environment Model Policy Implementation Study (Arizona Department of Education): <https://files.eric.ed.gov/fulltext/ED485901.pdf>

Controlling Junk Food and the Bottom Line: Case Studies of Schools Successfully Implementing Strong Nutrition Standards for Competitive Foods and Beverages (Illinois Public Health Institute and University of Illinois at Chicago): https://iphionline.org/wp-content/uploads/2020/01/IPHI_Controlling_Junk_Food_Report_32113.pdf

Dispelling School Food Funding Myths (CSPI): https://cspinet.org/sites/default/files/attachment/school_food_funding_myths_2013.pdf

Dollars and Sense: The Financial Impact of Selling Healthier School Foods (The Center for Weight and Health, University of California, Berkeley): http://archive.calendow.org/uploadedFiles/Health_Happends_Here/In_Schools/Dollars_and_Sense_FINAL.pdf

Financial Impacts of Nutrition Standards for Snacks Sold in Schools (Kids' Safe and Healthful Foods Project): <https://www.pewtrusts.org/en/research-and-analysis/articles/2013/02/19/financial-impacts-of-nutrition-standards-for-snacks-sold-in-schools>

Implementing Strong Nutrition Standards for Schools: Financial Implications (Centers for Disease Control and Prevention): https://www.cdc.gov/healthyschools/nutrition/pdf/Financial_Implications.pdf

Making It Happen! School Nutrition Success Stories (CDC and USDA): <https://www.cdc.gov/healthyschools/mih/index.htm>

Schools and School Districts That Have Improved School Foods and Beverages and Not Lost Money (Center for Science in the Public Interest): https://cspinet.org/sites/default/files/attachment/school_vending_machine_case_studies.pdf

The Economic Impact of National School Nutrition Standards on Schools and the Beverage Industry (Center for Science in the Public Interest): <https://cspinet.org/resource/economic-impact-national-school-nutrition-standards-schools-and-beverage-industry>

Resource List for Competitive Foods in Schools

Healthy Food Certification

Healthy Food Certification under [Section 10-215f](#) of the Connecticut General Statutes requires that each board of education or governing authority for all public schools participating in the National School Lunch Program (NSLP) must certify annually to the CSDE whether the district will follow the Connecticut Nutrition Standards for all foods sold to students separately from reimbursable school meals.

Healthy Food Certification (CSDE):

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

Healthy Food Certification Participation: List of Participating School Districts (CSDE):

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

Healthy Food Certification Participation: Map of Participating School Districts (CSDE):

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

Questions and Answers on Connecticut Statutes for School Foods and Beverages (CSDE):

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

Requirements for Food and Beverage Fundraisers in HFC Public Schools (CSDE):

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

Requirements for Foods and Beverages in HFC Public Schools (CSDE):

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

Requirements for Foods and Beverages in School Stores in HFC Public Schools (CSDE):

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

Requirements for Foods and Beverages in Vending Machines in HFC Public Schools (CSDE):

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

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SummaryChartHFC.pdf>

School 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>

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

Resource List for Competitive Foods in Schools

School Fundraisers

5 Ways to Plan a Healthy Fundraiser (ICN):

<https://theicn.org/resources/1481/grab-in-5/116657/5-ways-to-plan-a-healthy-fundraiser.pdf>

Best Practices for Healthy School Fundraisers (USDA):

<https://www.fns.usda.gov/tn/best-practices-healthy-school-fundraisers>

Creative Financing and Fun Fundraising (California Project Lean, California Department of Health Services):

https://www.venturausd.org/Portals/3/Health%20Services/Creative_Financing_and_Fun_Fundraising.pdf

Fundraising (Alliance for a Healthier Generation): <https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/fundraising>

Healthy Fundraisers (Action for Healthy Kids): <https://www.actionforhealthykids.org/wp-content/uploads/2019/05/Healthy-Fundraisers-Tip-Sheet.pdf>

Healthy Fundraising (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/HealthyFundraising.pdf>

Non-Food Ways to Raise Funds and Reward a Job Well Done (Texas Department of Agriculture):

<http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf>

Promote Good Health While Raising Money for Schools (The PEW Charitable Trust):

<https://www.pewtrusts.org/en/research-and-analysis/articles/2015/08/13/promote-good-health-while-raising-money-for-schools>

Requirements for Food and Beverage Fundraisers in HFC Public Schools (CSDE):

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

Requirements for Food and Beverage Fundraisers in Non-HFC Public Schools (CSDE):

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

Requirements for Food and Beverage Fundraisers in Private Schools and Residential Child Care Institutions (CSDE):

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

Sweet Deals: School Fundraising Can Be Healthy and Profitable (Center for Science in the Public Interest): <https://cspinet.org/resource/sweet-deals-school-fundraising-can-be-healthy-and-profitable>

Yes You Can! A Fresh Look at Healthy Fundraisers for Schools (East & Central Harlem District Public Health Office and the Strategic Alliance for Health):

<https://www1.nyc.gov/assets/doh/downloads/pdf/dpho/dpho-fundraiser-guide.pdf>

Resource List for Competitive Foods in Schools

School Stores

Requirements for School Stores in HFC Public Schools (CSDE):

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

Requirements for School Stores in Non-HFC Public Schools (CSDE):

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

Requirements for School Stores in Private Schools and Residential; Child Care Institutions (CSDE):

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

School Vending Machines

CSDE Operational Memorandum No. 01-18: 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 Vending Machines in HFC Public Schools (CSDE):

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

Requirements for Foods and Beverages in Vending Machines in Non-HFC Public Schools (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/HFC/VendingNonHFC.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/VendingPrivate.pdf>

School Vending Machines (CDC): <https://www.cdc.gov/healthyschools/nutrition/vending.htm>

Resource List for Competitive Foods in Schools

USDA's Smart Snacks Nutrition Standards

The USDA's Smart Snacks nutrition standards apply to all competitive foods sold on school campus during the school day in public schools, private schools, and residential child care institutions (RCCIs) participating in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Connecticut public school districts that choose the healthy food option of Healthy Food Certification under [Section 10-215f](#) of the Connecticut General Statutes must comply with the stricter [Connecticut Nutrition Standards](#).

A Guide to Smart Snacks in Schools (USDA):

<https://www.fns.usda.gov/tn/guide-smart-snacks-school>

Smart Snacks (Alliance for a Healthier Generation):

https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/

Smart Snacks (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthyschools/npao/smartsnacks.htm>

Smart Snacks Calculator (Alliance for a Healthier Generation):

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

Smart Snacks in School Infographic (USDA):

<https://www.fns.usda.gov/smart-snacks-school-infographic>

Smart Snacks in Schools (The PEW Charitable Trusts): <https://www.pewtrusts.org/en/research-and-analysis/articles/2014/08/smart-snacks-in-schools>

Smart Snacks Nutrition Standards (CSDE):

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

Smart Snacks Presentation (USDA):

<http://www.fns.usda.gov/sites/default/files/SmartSnacks2014.pdf>

Summary of Smart Snacks Standards (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/SmartSnacks.pdf>

Tools for Schools: Focusing on Smart Snacks (USDA):

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

Resource List for Competitive Foods in Schools



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

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesCompetitiveFoods.pdf>.

The Connecticut State Department of Education is committed to a policy of affirmative action/equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act (ADA) Coordinator, Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.