

III.A.

CONNECTICUT STATE BOARD OF EDUCATION
Hartford

TO BE PROPOSED:
April 6, 2015

RESOLVED, That the State Board of Education, pursuant to Section 10-215f of the Connecticut General Statutes, approves that the Connecticut Technical High School System will not participate in the Healthy Food Certification for school year 2015-2016 as recommended by the Connecticut Technical High School System Board, although it will continue to maintain current Federal nutritional standards in its school meals and a la carte options, and directs the Commissioner to take the necessary action.

Approved by a vote of _____, this sixth day of April, Two Thousand Fifteen.

Signed: _____
Dianna R. Wentzell, Secretary
State Board of Education

CONNECTICUT STATE BOARD OF EDUCATION
Hartford

TO: State Board of Education
FROM: Dr. Dianna R. Wentzell, Interim Commissioner of Education
DATE: April 6, 2015
SUBJECT: 2015-2016 Healthy Food Certification Statement

Executive Summary

Introduction

The Connecticut Technical High School System (CTHSS) sells foods to students in a variety of areas including school cafeterias, school stores, concession stands, fundraisers, sporting events and during school activities. The revenues generated by food items sold in these venues, or during these events, help fund the school breakfast and lunch program, future school activities, class trips, sports uniforms, etc.

History/Background

Under Section 10-215b of the Connecticut General Statutes, school districts that choose to implement Healthy Food Certification receive an additional \$.10 per lunch, based on the total number of reimbursable lunches (paid, free and reduced) served in the district in the prior school year. School districts that do not opt to participate may do so with approval from their local boards of education and the district will not be penalized. In order to receive the additional funds, the local board of education, or governing authority, must certify that all food items sold to students separately from a reimbursable breakfast or lunch will meet the Connecticut Nutrition Standards. These food items include food offered for sale to students at all times in all schools and from all sources, including, but not limited to school cafeterias, vending machines, school stores, culinary arts programs, fundraising activities on school premises, and any other sources of food sales to students.

On December 13, 2010, President Obama signed into law Public Law 111-296, the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The final rule, effective July 1, 2012, makes significant improvements to school meals by updating the meal patterns and nutrition standards for the National School Lunch and School Breakfast Programs to align them with the Dietary Guidelines for Americans. This rule requires schools to increase fruits, vegetables, and whole grains while decreasing saturated fat, trans fats and sodium in school meals, restrict milk to fat free or low fat varieties, and limit calories based on the age of the children being served to ensure proper serving size. The CTHSS continues to maintain current federal nutritional standards in the districts school meals and a la carte offerings. Nutritional assessments are conducted for menu items as well as a la carte items.

The CTHSS has opted to not participate in the past primarily due to the financial impact of the decision. While the district would receive approximately \$90,000 in new revenue based on \$.10 per meal, the increased costs to the district to ensure compliance surpassed the additional revenue that would have been earned. These costs included higher food costs for healthier products and increased staffing requirements.

In addition, due to the inability to sell certain a la carte items and food created by the culinary arts programs in execution of their curriculum, total school lunch revenues would be negatively impacted.

The district's school lunch program currently operates at an annual loss of \$1,900,000 with much of the costs beyond the control of the district as the salary and fringe benefits are subject to collective bargaining agreements negotiated statewide.

Recommendation and Justification

As further described in the attached document, after reviewing the merits of participating in this initiative, we are recommending to the State Board of Education that the CTHSS not participate in the Healthy Food Certification for school year 2015-2016. It should be noted, however, that the CTHSS will continue to maintain current federal nutritional standards in its school meals and a la carte options.

Policy Implications

Most of the foods and snacks offered for sale as part of the National School Lunch Program comply with the Connecticut Healthy Snack Initiative. However, there are several snack items and a la carte meal offerings that represent a significant revenue stream that would not meet the criteria outlined in the Healthy Food Certification and therefore would not be eligible for an exemption. These items would represent a loss of revenue of approximately \$160,000.

The culinary arts program prepares numerous a la carte items for sale by the school lunch programs that are largely based on the culinary curriculum. These items would not be eligible for an exemption and could not be sold in the school lunch program, thus resulting in the products having to be discarded without generating any revenue.

Staffing Implications

The CTHSS's Nutrition & School Meals Unit is currently comprised of two staff members who oversee the daily operations of the CTHSS' School Food Service Programs to include conducting health and safety inspections of sixteen school lunch kitchens and 17 culinary arts kitchens, processing nearly 6,000 requests annually for free and reduced meal benefits, and providing centralized management of the program's purchasing and equipment repairs.

A past audit of the Nutrition & School Meals Unit by the Connecticut State Department of Education's Office of Child Nutrition noted that the program is currently understaffed for its size. The current staffing is insufficient to take on the additional responsibilities that would result from participating in the Healthy Food Certification initiative.

Financial Analysis of Implementing the Healthy Food Certification


- Projected increase in revenue from state's \$.10 supplement: \$ 90,000
- Projected loss of revenue by eliminating sales of non-qualifying a la carte items and meals (\$160,000)
- Projected net impact on operating revenues: (\$ 70,000)

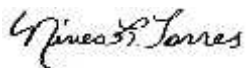
- Projected cost for additional staff person: (\$100,000)
- Projected cost for software acquisition, training, and implementation: (\$ 35,000)

Potential impact on food service operating results: (\$205,000)

Follow-up Activities

Upon the State Board of Education's approval, the signed Healthy Food Certification Statement will be forwarded to the Bureau of Health/Nutrition, Family Services and Adult Education before July 1, 2015.

Prepared by: 
Katie Atkinson, Associate Education Consultant

Approved by: 
Dr. Nivea L. Torres,
Superintendent of Schools

Connecticut Technical High School System
School Breakfast & Lunch Meals
and A La Carte Improvements

Timeline

2006-2007

- Fried foods no longer permitted to be served as part of the school lunch meal;
- Baked french fries and chicken nuggets are served as part of the school lunch meal; and
- Donuts, danishes, and pastries are no longer permitted to be sold for breakfast or as snack items.

2007-2008

- Ground turkey was introduced to the menu (to include turkey burgers);
- Whole grain muffins were introduced;
- Reduced sugar breakfast cereals replaced high sugar cereals;
- Only baked potato chips or chips 1 oz. in size were offered for sale as snacks; and
- Low fat, pre-packaged cookies were introduced.

2008-2009

- Introduced a variety of frozen vegetables as an alternative to canned vegetables (broccoli, green beans, and a variety of vegetable blends);
- Replaced Salami with turkey salami; and
- Purchased banners and poster for schools promoting healthy food choices and portion control awareness.

2009-2010

- Beef hot dogs are no longer served and replaced with turkey or chicken hot dogs;
- Whole grain and brown rice were incorporated into menu items;
- Grilled chicken fillets were introduced; and
- Turkey bologna, turkey ham, turkey pastrami and turkey sausage patties were incorporated into the menu.

2010-2011

- Eliminated the use of bacon, pepperoni, frying oil, chicken wings and onion rings from a la carte meal offerings;
- Introduced sweet potatoes;
- Introduced more USDA recipes to the monthly menu; and
- Food-based fundraisers are reviewed by the Nutrition and School Meals unit before being approved.

2011-2012

- Emphasis placed on “from scratch” cooking;
- Increased ordering of USDA commodity raw products were ordered to use in USDA recipes;
- Offering more green leafy and fresh vegetables to the weekly menu;
- Offering more of a variety of beans to the weekly menu; and
- Soup bases used are low sodium, no MSG.

2012-2013

- Only fat free, flavored or unflavored milk and low fat, ½% or 1% will be served to students;
- At least half of the grains offered during the school week will be whole grains; and
- Over the course of the week, all vegetable subgroups established in the 2010 Dietary Guidelines for Americans: dark green, red/orange, dry beans/peas (legumes), starchy, and “other” vegetables (as defined in the Dietary Guidelines) will be offered.

2013-2014

- Reduced serving highly processed foods such as breaded chicken nuggets and breaded chicken patties;
- Prepared menu items with un-processed products;
- Offered whole grain a la carte snacks;
- Introduced a lean chicken sausage patty; and
- Offered healthier breakfast options i.e. non –fat Greek yogurt.

2014-2015

- Increased healthy breakfast, lunch and a la carte options;
- Introduced lower-sodium deli meats; and
- Implemented new healthy recipes.

Connecticut Technical High School System Culinary A La Carte Improvements Timeline

2009-2010

- Portion control and the role it plays in healthy eating was added to the curriculum;
- Eliminated (MSG) food additives on all foods; and
- Increased use of nonstick pans which allow foods to be browned in a minimal amount of fat.

2010-2011

- Standardized use of USDA recipes;
- Eliminated foods with trans-fats and replaced with non-saturated Canola oil;
- Increased use of "batch cooking" for fresh produce to preserve nutritional integrity; and
- Increased selection of plant based foods and whole grains – brown rice instead of white rice.

2011-2012

- Highlighted healthy cooking techniques in production of School Lunch a la carte meals – Steaming, Grilling, poaching, Stir-Frying;
- Added Healthy Culinary Substitutes, i.e. Yogurt for sour cream and thickening soups with corn starch instead the traditional fat based roux, to the curriculum; and
- Seasoning with herbs and spices in place of fats and salts.

2012-2013

- Culinary Curriculum modifications to include Healthy alternatives to traditional less healthy cooking methods – food items being high temp oven roasted instead of being deep fried.

2013-2014

- Increasing collaboration with school cafeteria cooks with scratch cooking by using newly approved recipes.

2014-2015

- Testing new healthy recipes for school cafeterias and offering recommendations.

Connecticut State Department of Education
Addendum to Agreement for Child Nutrition Programs (ED-099)
Healthy Food Certification Statement

Section 1 – Background¹

Section 10-215e of the Connecticut General Statutes directs the Connecticut State Department of Education (CSDE) to develop and publish nutrition standards (hereinafter, Connecticut Nutrition Standards) for food items offered for sale to students at school separately from reimbursable meals sold as part of the National School Lunch Program and School Breakfast Program. Section 10-215f requires that participants in the National School Lunch Program, including each local and regional board of education, regional educational service center, the Connecticut Technical High School System and the governing authority for each state charter school, interdistrict magnet school and endowed academy, must certify each year in its annual application to the CSDE whether all food items made available for sale to students will meet the Connecticut Nutrition Standards. Section 10-215b further provides additional funding to National School Lunch Program participants who annually certify compliance with the Connecticut Nutrition Standards.

Section 2 – Certification Statement

► **Must be completed by all Connecticut public school districts that participate in the National School Lunch Program.**

On behalf of the Connecticut Technical High School System and _____
(Name of the Board of Education or Governing Authority)

pursuant to Section 10-215f of the Connecticut General Statutes, I hereby certify that all food items offered for sale to students in the school(s) under our jurisdiction, and not exempted from the Connecticut Nutrition Standards published by the Connecticut State Department of Education, *(select appropriate box)*

- will *(must complete Sections 3 and 4 on page 2)*
 will not *(sign below and return form)*

meet said standards during the period of **July 1, 2015 through June 30, 2016**. Such certification shall include all food offered for sale to students separately from reimbursable meals at all times and from all sources, including but not limited to, school stores, vending machines, school cafeterias, and any fundraising activities on school premises, whether or not school sponsored

**Local or Regional Board of Education or
Governing Authority**

Signature: _____

Robert J. Trefry

(Signature of the Authorized Representative)

(Printed Name of the Authorized Representative)

**Chairperson - Connecticut Technical High School System
Board**

Title (Superintendent of Schools, President or Chairperson of the Board)

Date of Authorization

Section 3 – Exemption Statement

► *To be completed only by districts opting for the healthy food certification, i.e., those districts that checked “will” in Section 2.*

Pursuant to Section 10-215f of the Connecticut General Statutes, I hereby acknowledge that the board of education or governing authority, *(select appropriate box)*

- will
 will not

exclude from certification food items that do not meet the Connecticut Nutrition Standards, provided that (1) such food is sold in connection with an event occurring after the end of the regular school day or on the weekend, (2) such sale is at the location of the event, and (3) such food is not sold from a vending machine or school store.

Section 4 – Amendment to Agreement for Child Nutrition Programs (ED-099)

► *To be completed only by districts opting for the healthy food certification, i.e., those districts that checked “will” in Section 2.*

Pursuant to Section 10-215f of the Connecticut General Statutes, the Agreement for Child Nutrition Programs (ED-099) with

(Name of the Board of Education or Governing Authority)

is hereby amended to include the above certification statement of compliance with the Connecticut Nutrition Standards and application for funding related to those standards. This addendum covers the period from **July 1, 2015 through June 30, 2016.**

**Local or Regional Board of Education or
Governing Authority**

Signature: _____
(Signature of the Authorized Representative) (Printed Name of the Authorized Representative)

Title (Superintendent of Schools, President or Chairperson of the Board) Date of Authorization

FOR STATE USE ONLY • DO NOT SIGN BELOW THIS LINE

Connecticut State Department of Education

Signature: _____ **Kathy Demsey** _____
(Signature of State Agency Representative) (Printed Name of State Agency Representative)

Chief Financial Officer _____
Title Date

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