



STATE OF CONNECTICUT
DEPARTMENT OF EDUCATION



TO: Directors of School District-Based Adult Education Programs

FROM: Paul Flinter, Chief
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: October 31, 2008

SUBJECT: Requirements for Selling Foods and Beverages in Adult Education Programs

This memo serves as a reminder to adult education programs regarding the state requirements for selling foods and beverages under Connecticut General Statutes (sections 10-215f and 10-221q), which were effective July 1, 2006. The state statutes do not define students as being of a particular age, nor do they distinguish between regular and adult education programs. Therefore, any beverages sold in an *adult education program under the local or regional board of education's jurisdiction* must comply with section 10-221q of the Connecticut General Statutes. If the local education agency has voted to implement healthy food certification under section 10-215f, *any food sold in an adult education program under the local education agency's jurisdiction* must comply with the Connecticut Nutrition Standards.

The statutes only apply to the sale of foods and beverages that are *under the control of the adult education program*. If the school district rents, leases or borrows building space for an adult education program and the building owner maintains any sources of food and beverage sales (e.g., vending machines, food kiosks), they are *not* required to comply with the state food and beverage requirements.

A summary of the statutory requirements follows.

- **Beverages:** Section 10-221q of the Connecticut General Statutes allows only five categories of beverages:
 1. *Milk (flavored or plain)* with no more than 4 grams of sugar per ounce and no artificial sweeteners.
 2. *Nondairy milks such as soy or rice milk*, which may be flavored but contain no artificial sweeteners, no more than 4 grams of sugar per ounce, no more than 35 percent of calories from fat per portion and no more than 10 percent of calories from saturated fat per portion.
 3. *100 percent fruit juice, vegetable juice or combination of such juices*, containing no added sugars, sweeteners or artificial sweeteners.
 4. *Beverages that contain only water and fruit or vegetable juice* and have no added sugars, sweeteners or artificial sweeteners.
 5. *Water*, which may be flavored but contains no added sugars, sweeteners, artificial sweeteners or caffeine.

Portion sizes of allowable beverages are limited to no more than 12 ounces, with the exception of water. For additional information on the beverage requirements, see *Allowable Beverages in Connecticut Schools* at http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/Allowable_Beverages.pdf. A list of allowable beverages is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

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- **Food:** Section 10-215f of the Connecticut General Statutes specifies that each district participating in the National School Lunch Program must certify whether it will follow the Connecticut Nutrition Standards for all foods sold separately from school meals. If the board of education has voted to implement healthy food certification, *any food sold in an adult education program under the local education agency's jurisdiction* must comply with the Connecticut Nutrition Standards. Information on the Connecticut Nutrition Standards is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>. A list of allowable food items is available at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Healthy>.

If the district is not participating in healthy food certification, the Connecticut Nutrition Standards do *not* apply. A list of participating districts for 2008-09 is available at <http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Student/NutritionEd/CertifyingDistricts09.pdf>.

The Connecticut State Department of Education has previously distributed numerous resources regarding these requirements to all school districts, including *Questions and Answers on Connecticut Statutes for School Food and Beverages* (September 2006). These resources are available online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>.

If you have any questions or need additional information, please contact Susan Fiore at 860-807-2075 or susan.fiore@ct.gov.

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cc: CSDE Adult Education Unit

District Contacts for Healthy Food Certification

School Food Service Directors