

**Complying with Healthy Food Certification (HFC)**  
**Module 2 Worksheet: Test Your HFC IQ**



For each situation below, indicate if the Connecticut Nutrition Standards (CNS) applies and why or why not.

Source	Does CNS apply?	Why or why not?
1. Reimbursable meals sold to students in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2. A la carte foods sold to students in the cafeteria	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3. Foods sold to students from vending machines	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4. Foods sold to students from school stores	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5. Foods sold to students from fundraisers on school premises sponsored by school groups, e.g., school organizations, clubs, and other activities	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6. Foods sold to students from fundraisers on school premises sponsored by groups outside the school district	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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Source	Does CNS apply?	Why or why not?
7. Foods sold to students from fundraisers held at locations off school premises, e.g., town hall, community center, or supermarket	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8. Family and consumer sciences classes that sell foods to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9. Family and consumer sciences classes that give foods to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10. Culinary arts programs that sell foods to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11. Culinary arts programs that give foods to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	
12. Foods sold to students from summer school programs operated on school premises by the school district	<input type="checkbox"/> Yes <input type="checkbox"/> No	
13. Foods sold to students in schools that operate under an interschool agreement and choose to implement HFC	<input type="checkbox"/> Yes <input type="checkbox"/> No	
14. Fee-based programs and activities on school premises that include the cost of foods provided to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	
15. Foods served in the USDA's Afterschool Snack Program (ASP)	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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Source	Does CNS apply?	Why or why not?
16. Adult education programs operated by the board of education on school premises	<input type="checkbox"/> Yes <input type="checkbox"/> No	
17. Food sales to adults, e.g., snack vending machine in teachers' lounge	<input type="checkbox"/> Yes <input type="checkbox"/> No	
18. Classroom parties that collect a fee to cover cost of foods provided to students during the school day	<input type="checkbox"/> Yes <input type="checkbox"/> No	
19. Classroom parties where parents donate foods provided to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	
20. Giving students coupons or similar items that are redeemable for foods	<input type="checkbox"/> Yes <input type="checkbox"/> No	
21. Meetings on school premises that sell foods to students	<input type="checkbox"/> Yes <input type="checkbox"/> No	

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The Connecticut State Department of Education's (CSDE) *Complying with Healthy Food Certification* training program consists of six recorded modules that provide guidance on how to meet the HFC requirements under Section 10-215f of the Connecticut General Statutes and the related state laws for competitive foods in schools. This training program is intended for the district's HFC contact person and individuals who coordinate sales of competitive foods to students on school premises. To access the training modules, visit the "[Related Resources](#)" section of the CSDE's HFC webpage.

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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