

Complying with Healthy Food Certification (HFC)
Module 3 Worksheet: Food Group General Standard



The food group general standard is one of the three general standards of the Connecticut Nutrition Standards (CNS). A food that is not whole grain-rich (WGR) meets this standard if the first ingredient is a fruit, vegetable, dairy, or protein food, e.g., meat, beans, poultry, seafood, eggs, nuts, and seeds. Indicate if each food item below meets the CNS food group general standard.

Source	Meets food group general standard?	Why or why not?
Product 1: Baked Potato Chips Ingredients: Dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and dextrose	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
Product 2: Strawberry Greek Yogurt Ingredients: Cultured grade A nonfat milk, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
Product 3: Chocolate Pudding Ingredients: Low-fat milk (vitamin A and D), sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
Product 4: Part-skim Mozzarella Cheese Stick Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, vitamin A palmitate	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.

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<p>Product 5: Fruit Snack Bar Ingredients: Dates, almonds, unsweetened cherries</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
<p>Product 6: Frozen Raspberry Fruit Pop Ingredients: Raspberry puree (red raspberries, lemon juice), filtered water, organic cane sugar</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
<p>Product 7: Frozen Tangerine Fruit Pop Ingredients: Filtered water, tangerine puree (tangerines, orange pulp), organic cane sugar</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
<p>Product 8: Apple Fruit Leather Ingredients: Apple puree concentrate, natural apple flavor, lemon juice concentrate</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
<p>Product 9: Strawberry Italian Ice Ingredients: Micron filtered water, sugar, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
<p>Product 10: Ice Cream Fudge Bar Ingredients: Nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.
<p>Product 11: White Cheddar Snack Puffs Ingredients: Whole navy beans, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid</p>	<input type="checkbox"/> Yes: _____ <input type="checkbox"/> No	.

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<p>Product 12: Vanilla Ice Cream Sandwich Ingredients: Frozen dairy dessert: Nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. Wafers: Bleached wheat flour, sugar, soybean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor</p>	<p><input type="checkbox"/> Yes: _____ <input type="checkbox"/> No</p>	<p>.</p>

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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

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