

Complying with Healthy Food Certification (HFC)
Answer Key for 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?
<p>Product 1: Baked Potato Chips Ingredients: Dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and dextrose</p>	<p><input checked="" type="checkbox"/> Yes: <u>Vegetables</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is dried potatoes, which meets the vegetables food group general standard.</p>
<p>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</p>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is nonfat milk, which meets the dairy food group general standard.</p>
<p>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</p>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is low-fat milk, which meets the dairy food group general standard.</p>

Complying with Healthy Food Certification (HFC)

Answer Key for Module 3 Worksheet: Food Group General Standard

Source	Meets food group general standard?	Why or why not?
<p>Product 4: Part-skim Mozzarella Cheese Stick Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, vitamin A palmitate</p>	<input checked="" type="checkbox"/> Yes: <u>Dairy</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards	The first ingredient is skim milk, which meets the dairy food group general standard.
<p>Product 5: Fruit Snack Bar Ingredients: Dates, almonds, unsweetened cherries</p>	<input checked="" type="checkbox"/> Yes: <u>Fruits</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards	The first ingredient is dates, which meet the fruit food group general standard.
<p>Product 6: Frozen Raspberry Fruit Pop Ingredients: Raspberry puree (red raspberries, lemon juice), filtered water, organic cane sugar</p>	<input checked="" type="checkbox"/> Yes: <u>Fruits</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards	The first ingredient is raspberry puree, which meet the fruits food group general standard.
<p>Product 7: Frozen Tangerine Fruit Pop Ingredients: Filtered water, tangerine puree (tangerines, orange pulp), organic cane sugar</p>	<input checked="" type="checkbox"/> Yes: <u>Fruits</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards	The first ingredient after water is tangerine puree, which meet the fruits food group general standard. Remember that the first ingredient can be water if the second ingredient belong to a food group.
<p>Product 8: Apple Fruit Leather Ingredients: Apple puree concentrate, natural apple flavor, lemon juice concentrate</p>	<input type="checkbox"/> Yes: _____ <input checked="" type="checkbox"/> No	The first ingredient is apple puree concentrate. Remember that puree concentrate is added sugar and does not count as the fruit group.

Complying with Healthy Food Certification (HFC)

Answer Key for Module 3 Worksheet: Food Group General Standard

Source	Meets food group general standard?	Why or why not?
<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>	<p><input type="checkbox"/> Yes: _____ <input checked="" type="checkbox"/> No</p>	<p>The first ingredient after water is sugar. This product does not contain any of the food groups.</p>
<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>	<p><input checked="" type="checkbox"/> Yes: <u>Dairy</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is nonfat milk, which meets the dairy food group general standard.</p>
<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>	<p><input checked="" type="checkbox"/> Yes: <u>Vegetables or Protein</u> * <input type="checkbox"/> No * To comply with CNS, product must also meet all CNS nutrient standards</p>	<p>The first ingredient is whole navy beans, which meet either the vegetable food group general standard or protein food group general standard.</p>

Answer Key for Module 3 Worksheet: Food Group General Standard

Source	Meets food group general standard?	Why or why not?
<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 checked="" type="checkbox"/> No</p>	<p>This product contains a frozen dessert portion and a wafer portion. While the frozen dessert portion contains nonfat milk as the first ingredient, which meets the dairy food group general standard, the wafer portion is not WGR. The wafer portion contains bleached wheat flour as the first ingredient, which is a noncreditable grain. Remember that if the product contains a separate grain portion, it must meet the WGR general standard.</p>

Complying with Healthy Food Certification (HFC)

Answer Key for Module 3 Worksheet: Food Group General Standard

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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action 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 race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, 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: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.