


### Complying with Healthy Food Certification (HFC)

#### Module 1: Introduction to Training Modules and HFC



Connecticut State Department of Education  
Bureau of Child Nutrition Programs

Revised August 2024

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#### Applies to

- HFC contact person
- Individuals who coordinate sales of competitive foods to students on school premises
  - School food service staff
  - Coordinators of food and beverage sales




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#### Module Topics

- Goal and training objectives
- Introduction to modules
- Using the toolbar
- Overview of HFC requirements
- Overview of Connecticut Nutrition Standards (CNS)




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#### Module Topics

- Goal and training objectives
- Introduction to modules
- Using the toolbar
- Overview of HFC requirements
- Overview of Connecticut Nutrition Standards (CNS)
- Resources



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### Goal and Training Objectives

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#### Training Program Goal



Help schools comply with HFC requirements and related laws for competitive foods in schools

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Competitive Foods
Foods and beverages available for sale to students on school premises separately from reimbursable meals served through the Child Nutrition Programs
Terms to Know
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Child Nutrition Programs (CNPs)
The U.S. Department of Agriculture's (USDA) federally funded programs that provide nutritious meals and snacks to children
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Child Nutrition Programs
National School Lunch Program (NSLP)
School Breakfast Program (SBP)
Afterschool Snack Program (ASP) of NSLP
Seamless Summer Option (SSO) of NSLP
Special Milk Program (SMP)
Fresh Fruit and Vegetable Program (FFVP)
Child and Adult Care Food Program (CACFP)
At-risk Afterschool Meals operated in schools
Summer Food Service Program (SFSP) operated in schools
https://portal.ct.gov/sde/nutrition/child-nutrition-programs
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Training Objectives
Understand how to
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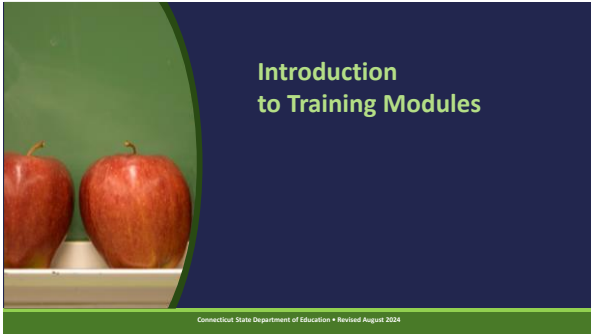
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Training Objectives
Understand how to
implement HFC requirements including how CNS applies to different sources of foods
meet exemption criteria for noncompliant foods
evaluate foods for CNS compliance
avoid HFC noncompliance issues
meet other state and federal laws for foods and beverages
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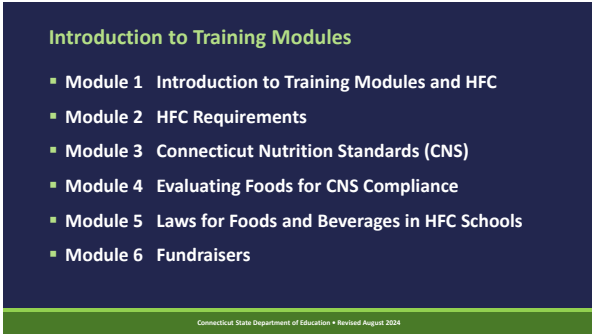
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Training Objectives
Identify resources for guidance and training
Resources and websites are listed in the yellow bar
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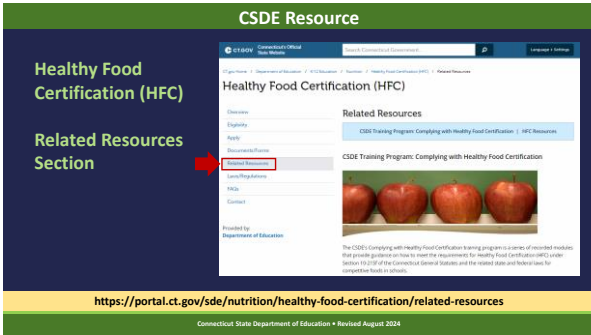
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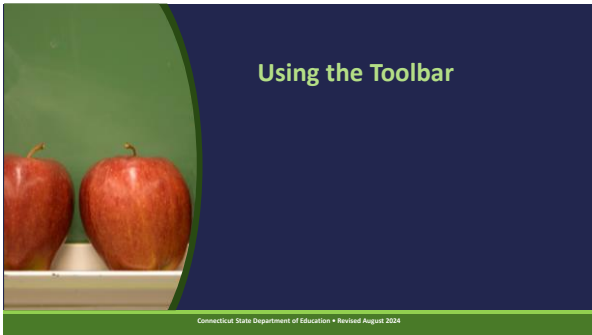
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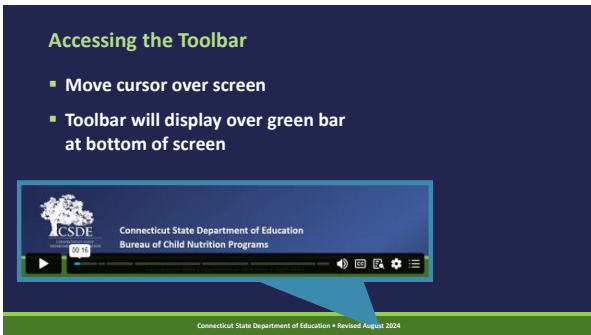
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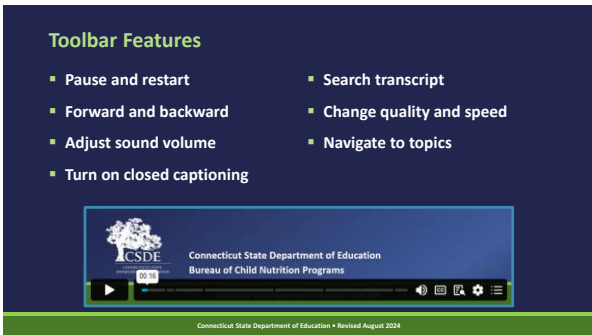
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## Overview of HFC

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## Healthy Food Certification (HFC)

A state statute that requires each board of education or governing authority for all public schools participating in the NSLP to certify annually to the CSDE whether they will follow the CNS for all foods sold to students separately from reimbursable meals

Terms to Know

[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215f](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215f)  
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## HFC Applies Only to Public Schools

- Private schools and residential child care institutions (RCCIs) are not eligible



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## HFC Applies Only to Public Schools

Connecticut Public Schools =

- All local and regional school districts
- Regional educational service centers (RESCs)
- Connecticut Technical Education and Career System (CTECS)
- Charter schools
- Interdistrict magnet schools
- Endowed academies



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## HFC Does Not Apply to Beverages

- Beverages must comply with
  - state beverage statute (C.G.S. Section 10-221q)
  - USDA's Smart Snacks nutrition standards



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## CSDE Webpage

### Beverage Requirements




<https://portal.ct.gov/sde/nutrition/beverage-requirements>  
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### HFC Requirements

- Each public school that participates in NSLP must choose (certify) whether to follow CNS each year
  - Annual HFC Statement submitted to CSDE
  - Requires vote by board of education or school governing authority (BOE)




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### HFC Requirements

- Must comply with CNS
- Apply to all schools in district
- Additional state funding

[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215b](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215b)




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### Annual HFC Statement Addendum to Agreement for Child Nutrition Programs (ED-099)

- Completed in CSDE's Online Application and Claiming System for Child Nutrition Programs (CNP System)
- Includes BOE minutes with votes for HFC participation and food exemptions




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### Annual HFC Statement Addendum to Agreement for Child Nutrition Programs (ED-099)

- Certification period July 1 through June 30
- Submission deadline July 1



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### How to Apply for HFC

- Visit "Apply" section of CSDE's HFC webpage
  - Review and follow steps in CSDE's annual operational memorandum
  - Watch CSDE's training module: Completing the Application Process for HFC


<https://portal.ct.gov/sde/nutrition/healthy-food-certification/apply>



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### Overview of CNS



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**Connecticut Nutrition Standards (CNS)**

State nutrition standards developed by CSDE that apply to all foods sold to students separately from reimbursable meals in HFC schools

**Terms to Know**


[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215e](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e)

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**Overview of CNS**

- Required for public schools that choose healthy food option of HFC
- Based on current nutrition science and national health recommendations
- Promotes healthier choices for students in schools



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**CNS Applies to**

- All foods available for sale to students separately from reimbursable meals from all sources on school premises \*
- All foods served in USDA's Afterschool Snack Program (ASP) \*

**\* Commercial products and foods made from scratch**



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**CNS Requirements**

<p><b>Nutrient Limits</b></p> <ul style="list-style-type: none"> <li>Calories</li> <li>Total fat</li> <li>Saturated fat</li> <li>Sodium</li> <li>Total sugars</li> </ul>	<p><b>Prohibited Ingredients</b></p> <ul style="list-style-type: none"> <li>Nonnutritive sweeteners and sugar alcohols</li> <li>Chemically altered fat substitutes</li> <li>Caffeine</li> <li>Significant fortification</li> <li>Nutrition supplements</li> </ul>
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Some exemptions for specific nutrient-rich foods

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**To Comply with CNS a Food Must Meet**

- General Standards
- Nutrient Standards



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**To Comply with CNS**

<p><b>General Standards</b></p> <ul style="list-style-type: none"> <li>Must meet at least 1 general standard                     <ol style="list-style-type: none"> <li>Whole grain-rich (WGR)</li> <li>Food group is first ingredient</li> <li>Combination food with <math>\geq \frac{1}{4}</math> cup of fruit or vegetable</li> </ol> </li> </ul>	<p><b>Nutrient Standards</b></p> <ul style="list-style-type: none"> <li>Serving with any accompaniments must meet all nutrient standards for applicable CNS category                     <ul style="list-style-type: none"> <li>Nutrient limits</li> <li>Prohibited ingredients</li> </ul> </li> </ul>
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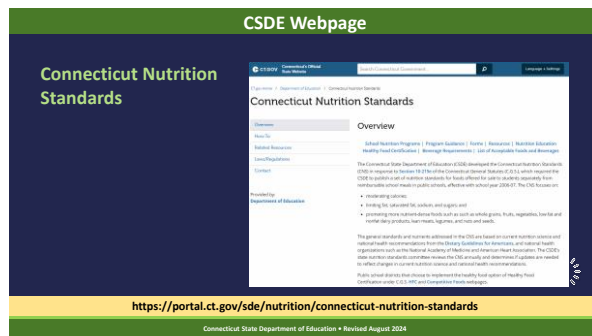
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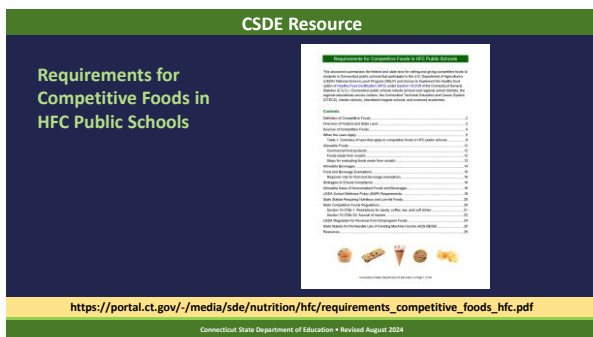
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**CSDE Resource**

**Responsibilities of District Contact Person for Healthy Food Certification**

[https://portal.ct.gov/-/media/sde/nutrition/hfc/hfc\\_district\\_contact\\_responsibilities.pdf](https://portal.ct.gov/-/media/sde/nutrition/hfc/hfc_district_contact_responsibilities.pdf)

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**CSDE Resource**

**Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools**

[https://portal.ct.gov/-/media/sde/nutrition/compfoods/resources\\_federal\\_state\\_requirements\\_competitive\\_foods.pdf](https://portal.ct.gov/-/media/sde/nutrition/compfoods/resources_federal_state_requirements_competitive_foods.pdf)

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**CSDE Webpage**

**List of Acceptable Foods and Beverages Webpage**

<https://portal.ct.gov/sde/nutrition/list-of-acceptable-foods-and-beverages>

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**Questions?**

▪ **Contact CSDE's HFC coordinator or school nutrition programs staff**

<https://portal.ct.gov/sde/nutrition/healthy-food-certification/contact>  
<https://portal.ct.gov/-/media/sde/nutrition/cmstf/countysign.pdf>

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**Thank you for participating!**

<https://portal.ct.gov/sde/nutrition/healthy-food-certification/related-resources>

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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/USDA-DASCR%20P-Complaint-Form-0508-0002-508-11-25-2770a24-all.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](mailto:program.intake@usda.gov)

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